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CHRISTIANITY IN THE KITCHEN.

A

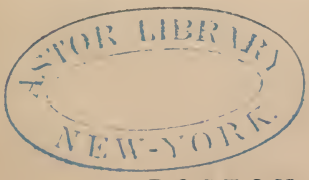
PHYSIOLOGICAL COOK BOOK,

BY

MRS. HORACE MANN.

"There 's death in the pot." — 2 Kings, iv. 40.

"In that day, every pot in Jerusalem, and in Judah, should be holiness unto the Lord of hosts." — Zechariah, xiv. 21.



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TICKNOR AND FIELDS.
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PREFACE.

The object of this little Manual is to show how healthful, nutritious, and even luscious food can be prepared, without the admixture of injurious ingredients.

The pleasures of the appetite are legitimate pleasures. God did not implant the sense of Taste in man to ruin the beautiful structure of his body, or to impair the noble faculties of his soul. But, like all the other appetites, the appetite for food may be abused. If its proper conditions be violated, the loss of power, premature decay, and untimely death, are inevitable. The life of the offender is deprived of its own enjoyment, and of its power of being useful to others.

Observation and science have brought to light many of the conditions of health and longevity, and an observance of these conditions is one of the first steps towards redeeming the race from its present degradation.

There is no more prolific, — indeed, there is no *such* prolific cause of bad morals as abuses of diet, — not merely by excessive drinking of

injurious beverages, but by excessive eating, and by eating unhealthful food. Compounds, like wedding cake, suet plum-puddings, and rich turtle soup, are masses of indigestible material, which should never find their way to any Christian table. It looks ominous to see a bridal party celebrating nuptials by taking poison. Although some persons may seem to eat these criminal preparations with present impunity, yet a book of reckoning is kept for the offences of the stomach, as well as for those of the heart, and this is one of the deeds done in the body, for which the doer will be called to account.

If asked why I pronounce these and similar dishes *unchristian*, I answer, that health is one of the indispensable conditions of the highest morality and beneficence. Temper, it has been said, lies in the stomach, which is physically, if not metaphysically, true. Every intelligent dyspeptic knows that he is a worse man when suffering under a paroxysm of his malady, than in one of his lucid intervals, if we may so call them. Even the lucid intervals of the confirmed dyspeptic are negatively good and useful rather than positively so. Why is not dyspepsia disgraceful, like *delirium tremens?* When it comes to be so considered, as it assuredly will be when the gospel of the body is fully understood, it will be banished from good society. It is a good omen, that practical physiologists, even now, begin to

feel ashamed of ill health, and feel bound to apologize for it.*

Headaches, in nine cases out of ten, are derived from the state of the stomach. They are so frequent, that men have ceased to inquire into their origin, but doggedly accept them, as they do foul weather, without either the grace of resignation, or the wisdom of future avoidance. Our observation justifies the assertion, that in nine cases out of ten, — might we not say in ninety-nine out of a hundred, — proper attention to diet and exercise, relatively considered, will prove an effectual antidote. A few exceptional cases may await farther knowledge. Even the "rush of blood" to the head, is often remotely, if not immediately, occasioned by a *rush of food* to the stomach, though apparently caused by hard study, or special disturbance, by anxiety or grief, of specific cerebral functions. Whatever affects the digestion immediately, affects the head mediately.

The profusions of *nature* tempt the appetite of man. The productions of all the earth are at his command. But, for the control of his appetites, man is endowed with reason and conscience. The brute is governed in regard both to the quantity and kind of its food by an instinct, from which it rarely deviates, unless when

* Several years since, Dr. Sylvester Graham published an apology in the newspapers for having been sick.

domesticated, and consequently corrupted, (alas, that it must be said,) by its intercourse with man. Surely, reason and conscience ought to do as much for us, as a blind instinct does for the brute. I believe it would, if children were not trained amiss. Their habits are placed on the side of indulgence, and not of self-control. Reason and conscience might be a match for the appetite alone, but it is scarcely a match for appetite and habit combined. What then must be the fate of a child whose appetites are inflamed and exorbitant, but whose reason and conscience are dormant, or have no higher standard than the customs of a self-indulgent society!

There are three great practical laws to be observed in the taking of food. One regards the time, another the quality, and the third the quantity.

An interval of at least five hours should elapse between meals *for adults*, unless some extraordinary exertion has exhausted the system, or something has interrupted or prevented the reception of a full meal at the stated hour. The stated hours should be regular, and the intervals between meals should be observed as religious fasts. If this be done, whenever families meet around the social board, they may consistently invite the spiritual presence of him

who said: "Do this in remembrance of me." Is it not a reasonable explanation of the request which Christ made to his disciples, to remember him "as often" as they assembled at the social board, that he wished to associate together the life that subsists by eating bread, and the life that feeds upon "every word that proceedeth out of the mouth of God," — thus ensuring temperance? Is it not certain, that if that voice were in the ear of every Christian as he sits down to the social meal, if every "Grace before meat" should recognize that we are to eat, not to gratify ignoble appetites, but to build up purely and devoutly these temples of the Holy Spirit, which our bodies were designed to be, we should be less likely to pervert God's beautiful provision of enjoyment in eating, which is but another instance of that overflowing benevolence which decks the earth with flowers, and adds countless beauties to countless utilities?

"Grace before meat" would then, indeed, be a meaning service, which might arrest the attention of the young and thoughtless. It is not unworthy of Christ, to suppose him desirous of thus sanctifying and consecrating what is so daily and hourly perverted. The generations might recover their lost vigor under such practical interpretation of his teachings.

As science discloses to us the truths applicable to this subject, we are as truly bound to abide

by them, as we are by any other truths, from any other source. When we see a duty, an eternal law binds us to its observance, from whatever source it comes. Let us, with our advanced civilization, consecrate our cooking utensils, as the prophet Zachariah predicted they should be consecrated in the "day of the Lord," and regard as sacred those laws of health which, even in the days of Moses, formed the basis of the national code.

Children who live upon milk, bread and rice, (who ought so to live, at least,) require food more frequently, for two reasons. One reason is, that these articles are digested within two hours, whereas animal food and most vegetables* require a longer period of time. Another is, that the temperature of the body in children, being higher, all their functions in more intense action, and their respiration consequently more rapid, hunger recurs much sooner, and is felt much more keenly, than in adults.† Again, as long as the body is growing, more food in proportion is required, than after it has attained its full growth. Liebig, who has investigated this subject, says: —

"The change and metamorphosis of organized tissues, going on in the vital process in the young, yield in a given time much less carbon

* See Dr. Beaumont's Table of Digestion, page 27.

† See Liebig's Letters on Chemistry.

and hydrogen, in the form adapted for the respiratory process, than corresponds to the oxygen taken up in the lungs. The substance of its organized parts would undergo a more rapid consumption, and would necessarily yield to the action of the oxygen, were not the deficiency of carbon and hydrogen supplied from another source. The continued increase of mass, or growth, and the free and unimpeded development of the organs in the young, are dependent on the presence of foreign substances, which, in the nutritive process, have no other function than to protect the newly formed organs from the action of the oxygen. It is the elements of these substances which unite with the oxygen; the organs themselves could not do so without being consumed; that is, growth, or increase of mass in the body, — the consumption of oxygen remaining the same, — would be utterly impossible.

"The preceding considerations leave no doubt as to the purpose for which Nature has added to the food of the young of carnivorous mammalia, substances devoid of nitrogen, which their organism cannot employ for nutrition, strictly so called; that is, for the production of blood; substances which may be entirely dispensed with in their nourishment in the adult state.

"Milk contains only one nitrogenized constit-

uent, known under the name of caseine; besides this, its chief ingredients are butter and sugar of milk. The blood of the young animal, its muscular fibre, cellular tissue, nervous matter, and bones, must have derived their origin from the nitrogenized constituent of milk, the caseine; for butter and sugar of milk contain no nitrogen. Now the analysis of caseine has led to the result, that this substance is identical in composition with the chief constituents of blood, fibrine, and albumen. Nay, more, — a comparison of its properties with those of vegetable caseine has shown that these two substances are identical in all their properties, insomuch that certain plants, such as peas, beans, and lentils, are capable of producing the same substance which is formed from the blood of the mother, and employed in yielding the blood of the young animal.

" The young animal, therefore, receives in the form of caseine, (which is distinguished from fibrine and albumen, the chief constituents of muscle, by its great solubility, and by not coagulating when heated, as albumen does,) the chief constituent of the mother's blood. To convert caseine into blood, no foreign substance is required, and in the conversion of the mother's blood into caseine, no elements of the constituents of the blood have been separated. When chemically examined, caseine is found to con-

tain a much larger proportion of the earth of bones than blood does, and that in a very soluble form, capable of reaching every part of the body. Thus, even in the earliest period of its life, the development of the organs in which vitality resides, is, in the carnivorous animal, dependent on the supply of a substance, identical in organic composition with the chief constituents of its blood.

". . . There is added, therefore, by means of these compounds, to the nitrogenized constituents of food a certain amount of carbon; or, (as in the case of butter,) of carbon and hydrogen; that is, an excess of elements which cannot possibly be employed in the production of blood, because the nitrogenized substances contained in the food already contain exactly the amount of carbon which is required for the production of fibrine and albumen. . . .

" The carbon and hydrogen of butter, and the carbon of sugar of milk, no part of either of which can yield blood, fibrine, or albumen, are destined for the support of the respiratory process, at an age when a greater resistance is opposed to the metamorphosis of existing organisms; or, in other words, to the production of compounds, which, in the adult state, are produced in quantity amply sufficient for respiration." *

* See Liebig's Familiar Letters on Chemistry, applied to Physiology, Agriculture, and Commerce.

From the above it will be seen that the quality of children's food should differ from that of adults, so far as that it should consist of more substances containing starch, gum, and sugar. This brings us to our next topic, which is quality.

QUALITY.

As to the quality of the food, there is no doubt that the more simply it is cooked, the more easily it is digested.

Chemical analysis should be the guide for the cookery book.

No one would think of eating raw potash, a substance that dissolves metals, but we do not hesitate to eat saleratus, which is a modified preparation of it, and has the same, though a more gradual effect upon the organic tissues and the blood. Soda, it is well understood, rots cloth and takes the skin from the hands when it is put into soap, or even when used to "break hard water," as the washerwomen term it; yet we put it into bread and cakes. Our stomachs were not made to digest metals, and when we powder them and eat them, we try to cheat nature.

Spices were undoubtedly made for use in those climates where they grow, but the natives of those climates use them much more sparingly than we do. We may reasonably suppose that

they are more adapted to the wants of hot climates than of cold ones, as nature has placed them in the former, and yet we saturate our food with them, mix them together, destroy the flavors of each by so doing, and make a stimulus to appetite by a conglomeration, which is a most unnatural one, and gradually injures the very power of digestion. We thus conceal, also, that fine aroma of vegetables and meats which distinguishes one from the other, and deprive ourselves of the pleasure God designed we should feel in partaking them. There is a delicate fruit of the tropics resembling a musk-melon, which grows, however, not upon a vine, but upon a tree, the taste of which is so finely delicate, that a foreigner cannot even perceive it at first, but if he does not cover it with pepper and salt, as we have seen many foreigners do, to "give it a taste," he will, after partaking of it a few days or weeks, (according to the simplicity or sophistication of his appetite,) appreciate its flavor, which is that of the most delicate aromatic nut. In our climate we lose the flavor of many vegetables in the same way, by covering them with pepper, and also by putting them into water below the boiling point when we cook them. Every one who is so happy as to live in the country, and can gather vegetables daily from his own garden, knows the difference between them when gathered thus and cooked

properly, and those which have been picked, and kept for market *even one night.*

When substances are used, like rice, corn-starch and farina, which have very little taste, (rice because it has been so long exposed to the air after it is gathered, and corn-starch and farina, because, from the mode of their preparation, they lose a great part of the nutritious ingredients of the corn,) a delicate flavoring of spice may be used without injury to health.

Science may at last bring us to the conclusion, — and there are already some indications that it will do so, — that each climate and region produces those articles of food which it is most healthful to eat in their respective localities. This must be an open question till we know more scientifically the relations of nature with man, but it has already been remarked by a philosophical observer of nature,* that remedies for local diseases are often found in the productions of such localities, and one would seem to be the correlative of the other. The genius of man has already formed an alliance with the powers of nature so far as to naturalize many of the productions of foreign climates, by due attention to soils and other circumstances of growth, and when this can be done, such productions may fall under the head of native

* See Bernardin St. Pierre's "Harmonie des Plantes."

growths, and must be regarded as more healthful than those articles which are necessarily gathered before they are ripe, and are, therefore, not eaten in a normal condition, because they never go through the whole process of ripening in the sun, in their native soil. The orange affords a favorable sample of a fruit that retains some of its fine qualities when imported, but who that has imbibed its juice under its own tree, when it is cool with the morning dew, and sweetened by the ripening rays of its native sun, can call it the same fruit? It must be plucked when partially green, in order to be transported, and the amount of its juice as we eat it in this country is, perhaps, one tenth of its due portion, and even this has never gone through the requisite chemical action. A native of the tropics does not swallow the pulp any more than we do the rind, but many think they cannot afford to buy oranges at a great price for one table-spoonful of juice. We can even chew the rind, but as a proof of the difference between the fruit as we get it, and the ripe fruit in its native clime, it may be mentioned that the acrid juice of the rind is such when it is perfectly ripe, that it so violently and painfully puckers the lips, that it must be carefully removed before the orange can be eaten in tropical fashion, which is by suction.

The pine-apple is even dangerous when im-

ported, receiving it as we do less than half ripened. The plantain, fig, and banana, — delicious fruits in their localities, — are nearly tasteless when imported half ripe; and even the sweet potato does not do itself full justice. Doubtless many of these things may be acclimated with us by suitable arrangements, and will be among the future triumphs of scientific agriculture.

One more thing remains to be said concerning the quality of food. The first object of a housekeeper should be, to procure unadulterated articles. This is very difficult, as we are credibly informed that there is no article used for food, that is not adulterated, not even common salt. But science comes to our aid, also, on this point.

Mr. Youmans, a young chemist in New York, of excellent talent and genius, is now preparing a work which will contain pictorial representations, to show the crystalline or other forms of the particles of all substances used as food, and a little practice with his diagrams and a microscope will enable any one to detect the adulterations of flour, sugar, farina, arrow-root, corn-starch, salt, &c. The demand will create the supply, doubtless, as in all other things; and we shall have grocers' microscopes, perhaps even kitchen microscopes, at a reasonable rate, as soon as society sees the necessity of them.

Who can wonder that there is no health in the world, when our very wheat-flour, sugar, and

salt, are adulterated with plaster of Paris, alum, and sulphate of copper; and wheat-bread is raised with saleratus and soda? Bakers, (I will say dishonest bakers, for I presume there are exceptions,) purchase a damaged, and therefore, a low-priced article, called *baker's flour*, and make bread of it, which appears light and is palatable, by the addition of one or another of the above mentioned ingredients, or by others not so injurious, but still unwholesome, such as magnesia and carbonate of ammonia.*

This fact makes it very important that bread should be home-made. In this country, it is the general custom to make bread in families, but as our domestics are not scientific, it is absolutely necessary that it should not be left to them. The temptation is so strong to use any means that offer to make the bread acceptable, that cooks are induced to make that point sure, by putting in the convenient saleratus or soda, which, like charity in that particular, cover a multitude of sins. If the dough has been put together over night, it may have gone on to the stage of acetous fermentation, and a little saleratus, (more than is necessary to sweeten it is often put in,)

* Bottled fruits and vegetables are adulterated with various salts of copper; cayenne pepper is colored with red lead and venetian red, (both highly poisonous,) and with alum and caustic lime; pickles, with salts of copper; vinegar, with sulphuric acid; and confectionary, with plaster of Paris, and painted with deadly pigments and essential oils containing prussic acid.

will conceal the fact, and make all appear right. It will also save the trouble of kneading well. Let the mistress then, if she does not actually mix the bread, overlook the process, and it would be a good custom if all the ladies in a family would take their turn at every batch of bread that is made, and thus ensure its good qualities by efficient kneading. Two hours would not be too much of kneading.

Mr. Hecker, of Croton Mills, New York, well known as the preparer of farina, has found means so to prepare wheat-flour by the addition of some innocent ingredient, as to make it possible to bake it as soon as it is mixed with water. The ingredients he uses are not soda and cream of tartar. Physicians and chemists, who know what it is, pronounce it perfectly free from injurious effects, and look upon the preparation as betokening an era in the health of society.

The *London Lancet*, the leading medical periodical of the day, Dr. James W. F. Johnston, Professor of Chemistry in Durham, England, and Dr. James R. Chilton, Professor of Chemistry in New York, have given their names with elaborate certificates to Mr. Hecker, recommending his patent flour in the fullest terms. Beside the convenience of making, and the healthfulness of the bread thus made, Dr. Chilton says, it has the advantage of not losing any portion of the ingredients of the flour, some of which

are lost when wheat-flour is raised with yeast. The carbonic acid gas that gives porousness and lightness to the bread, is evolved without the process of fermentation in the dough. If kept dry, this bread will also retain its properties for a great length of time, and is therefore especially useful to seafaring people.

Another mode of making light bread, which, being well kneaded, requires no time for rising, is to mix soda with the flour in the same proportion as when cream of tartar is used, but instead of adding cream of tartar to evolve the carbonic acid gas, by which the bread is to be made light, pour dilute muriatic acid into the water with which the bread is to be mixed, and the effect will be produced, leaving only common salt as the combination of the acid and the alkali. The muriatic acid must be diluted by the chemist, for if too strong, it will make the bread taste sour, as an excess of cream of tartar does.

I will speak in this connection of a modern preparation, which is especially useful in large cities, where it is so difficult to procure good milk. It is an article called *solidified milk.* It can only be made of the purest and freshest milk, because the chemical processes will not take place with any other material. As prepared by Dr. Blackford, it is offered either in the form of solid cakes, or in granular form, and will keep pure many years, when wrapped in zinc foil. It

is made by mixing with milk *almost* its own weight of powdered white sugar, and evaporating the water of the milk at a low temperature. Milk contains only twelve or thirteen per cent of solid matter. The tablets now offered for sale will return to the condition of pure fresh milk, on being disolved in five pints of water, cold or warm. The only difference between this and milk fresh from the cow, is its *sweetness;* but for all common purposes it is not too sweet. It is already prepared for sweetening cocoa and other beverages, for custards and puddings. Dr. J. H. Griscom, of New York, who was commissioned to examine this subject, investigated it thoroughly, and wrote an able report upon it, in which he expresses, very strongly, his opinion that when the demand for it will enable the fabricators to supply it at a cost of three cents a quart, it will make an immense difference in the health of cities, where so much sickness is caused among the poor by the consumption of vitiated milk. The present cost is *five* cents a quart, which holds it out of the reach of the poor. It is a valuable article, however, in the wealthiest family, because always at hand and always good; and can be conveniently taken to sea.*

In reference to the use of tea and coffee as common beverages, Dr. Griscom says: —

* Cream will form upon this milk when left standing as readily as upon that newly milked, and from this cream Dr. G. has made excellent butter.

"It is undoubtedly the effect of the proximate principle of these two substances to supply an important element of the bile, and so far they may be of value, but the same good result may be attainable by other means, and their value in this respect I consider as overshadowed by their bad influence upon the nervous system. Believing, as a general rule, (to which there may be an occasional exception, to be determined on its own merits,) that these are not innocent articles of diet, I think they should find no place in a Physiological Cookery-Book."

In reference to pastry, I will again quote from Dr. Griscom, who has given so much attention to these subjects that his opinion is worthy of all consideration, and goes to confirm domestic observation. The conscientious, Christian lovers of pastry need not think their gastronomic pleasures are at an end, when I have convinced them that the mixture of oleaginous materials, like butter and lard, with wheat, is absolutely pernicious and unphysiological, for there is yet a resource. First, let us listen to Dr. Griscom. He says: —

"Pie-crust and other shortened articles of food are almost wholly indigestible by many stomachs, and remain a long time in the stomach, producing eructations and other dyspeptic symptoms. The gluten of flour and the oil of lard with which pastry is often shortened, are in-

compatible substances, incapable of forming a chemical compound, and require different elements of gastric power to convert them into chyme, while their ultimate mechanical incorporation renders both inaccessible to the dissolving agency of the gastric juice, to which either alone readily yields. Hence their long continuance in an undigested form when mixed. The gastric juice will dispose of oils if they are not melted, and oils are sometimes positively beneficial, but never in combination with grains."

Some chemists question this statement of Dr. Griscom, and say that the gastric juice exerts chemical agency upon the food, and therefore no mechanical incorporation of ingredients would make any difference, because chemical action is independent of all mechanical combinations. They think the injury occasioned by the use of fat substances, arises only from their excess.

It is one of the recent conclusions of chemists that the pancreatic juice as well as the bile is used in the dissolving of fats, but that until they reach that part of the alimentary canal with which the liver and the pancreas communicate, they are in a state of fine subdivision, comminuted but not dissolved. This fine comminution of the fat evidently cannot take place if it is in hard combination with any other substance.

Experience often determines practical truths, before the scientific solution of such truths is arrived at. There is no question of the injurious nature of shortened bread and pastry. We hope chemists will direct their attention to the subject until they have arrived at the true reason.

Dr. Griscom says in regard to butter: —

"I have the highest respect for butter, eaten in its natural state. It is very complicated in chemical composition; each globule, though on an average of only $\frac{1}{3000}$ of an inch in diameter, being formed of an outer film or shell of caseine, with a mixture of three different kinds of oil, each of which is again composed of an organized substance, known in chemistry as the oxide of glycyrile, combined with a separate acid. Each globule in a recent state is distinctly visible in the field of the microscope, and when in unbroken integrity is sweet and digestible; but when old or broken, its chemical character alters, new compounds are formed, and the nutritive property undergoes a change. Time alone will effect this change, but there is another element which will produce it rapidly, viz., heat; and hence the melting process must so alter the relations of its chemical constituents, as to impair its assimilative properties.* The substitution of

* Butyric acid, found in melted or rancid butter, corrodes the organic tissues like sulphuric acid.

cream for butter in cooking, will of course obviate all objections to the latter in a melted form, and not only this, but you will infuse into the food with the cream, other nutritious ingredients, such as a portion of the caseine of the milk, (which is albumen in a soluble condition,) and more or less of the sugar, which is also found in milk. A more innocent article than cream, or one more digestible and nutritive in cookery, can hardly be mentioned."

With Hecker's patent flour then, — or flour mixed with soda and muriatic acid, which make a harmless combination, common salt, — and cream for shortening, we can still have nice pastry, on which the most conscientious physiologist may ask the blessing of God.

I will add here what I shall repeat in specific receipts, that pastry may be made very delicate by substituting well boiled potato for a portion of the flour.

There can be but one objection offered to the substitution of cream for butter, and this is its comparative inconvenience. It is more trouble to a housekeeper to make arrangements for gathering cream, than to buy it in the compact form of butter, and have it always at hand. But on the other hand, cream is far less expensive, because a smaller quantity of cream, in its own form, will better serve the purpose than when it is made into butter. If milk is spread in very

wide pans, it will afford a great deal of cream, and the skimmed milk, from which it is taken, may be reserved to mix with bread, in preference to water, especially with Indian corn bread.

The subject of oleaginous food leads inevitably to the consideration of pork as an article of diet. The genius of man appears to have discovered, at last, the true end for which that much maligned and also much vaunted animal was created, viz., that of *enlightening* the world (not *feeding* it). As we profess to be guided by science in this matter, however, we are forced to listen again to Dr. Griscom, who says, that if pork could be well fed and trained, it would be very useful food in cases of tuberculous consumption, so common in crowded cities, where people cannot have the requisite quantity of oxygen, without taking extraordinary measures to obtain it. To be well fed and trained, pork must have good corn and potatoes to eat, milk when possible, plenty of space for healthful exercise, living waters to bathe in, and clean straw, high and dry, to sleep upon. As meat is universally conceded to be a product of the food digested by the animal, we can imagine even pork to be legitimate food when so prepared, and we would commend it to the benevolent speculators to found piggeries of this unquestionable character. The most refined taste or stomach, perhaps, would not revolt from partaking of a roasted

sucking pig, taken from such surroundings. It has been asserted that even the grown animal has a natural love of cleanliness, but being very near-sighted, and left to its own resources in a false state of society, (false to pigship, which in a natural state roams through the forest and feeds upon mast,) it cannot afford to be particular about its food, and having a natural propensity to bathe, feels constrained to bathe in unclean water, if it cannot find that which is limpid.

To speak seriously, let us for a moment contemplate the circumstances under which pigs are raised in cities, amid the abominations of distilleries, and too often even in the country, where there is plenty of space and fresh air, if people only knew for what they are designed; and can we wonder at the spreading disgust among the refined to such pork as the markets furnish us? In view of these facts, we cannot but commend the tuberculous patient to the consumption of cod-liver oil, as fish-life cannot be easily corrupted even by man's neglect, and the *pure* article is undoubtedly useful. Perhaps it is hardly benevolent to advert here to the rumor that a large proportion of the cod-liver oil sold in this country, is manufactured at the West from hog's lard! But our aim in this work is to tell the truth to the public as far as we know it.

While on the subject of meats, I will add that, undoubtedly, wild meat is the most health-

ful, because game finds its food by its own instincts, and life in the woods and wilds must be far more healthful than that which is stall-fed. Much has been said by many physiological writers against the use of animal food. To their arguments we may reply, that fibrine and albumen, which are the chief constituents of muscle, are also the chief constituents of vegetables, and that it is the graminivorous animals which feed upon vegetables that constitute our animal food. The ingredients then are the same, but flesh having once been digested, is more easily digested again, and is more stimulating. In cold climates we need the fats of meat to supply carbon and hydrogen to the oxygen, which, condensed by the cold, will devour our very tissues if we do not give it other food. If we relinquish animal food for any special reason, and such may occur, we should substitute a more nutritious diet of vegetables, milk, eggs, and fruits, than it is ordinarily convenient to procure. Each individual must learn his own needs, and eat his proper proportions of animal and vegetable food. One iron rule will not do for all, and climate must be taken into account, as to the proportion requisite. A more watery food is good in tropical climates, where the atmosphere is more rare, and respiration consequently not so rapid, but if we live in cold climates, we must remember the need of *respiratory* food, that is *carbon* and *hydrogen*.

Many years since, some very curious observations were made, by looking into the stomach of a man, who had an orifice in his side, made by a gun-shot wound. The subject was a healthy young man, named Alexis St. Martin. After he had recovered from the effects of the wound, Dr. Beaumont, his physician, hired him for some years, in order to make observations upon the operation of the gastric juice, as it was very easy to push aside the membrane that grew over the orifice after the wound healed.

It was found that bulk, as well as nutritious matter, was necessary to the process of digestion, and this explains why highly concentrated food, like finely bolted wheat, is not so healthful as the grain in a coarser form, which contains some ingredients that are not digestible, but pass out of the system. It was also observed that St. Martin could not digest well when he was irritated, or too much fatigued and annoyed by examinations. It was also ascertained that the temperature of the stomach controlled the digestion of the food. Cold water after a meal lowered the temperature of his stomach thirty degrees, and it did not recover its natural heat for an hour. Cold drinks should therefore be avoided after eating. Even ice-water is not injurious when taken *with* a meal, but half an hour after a meal it is very dangerous. It is always preferable to take ice-creams before a meal.

They then operate as tonics upon the stomach, and are healthful rather than harmful. The habit of eating oysters in the evening, and ice-creams afterwards, as is frequently done in large parties, is very pernicious. The order should be reversed.

I subjoin a table which Dr. Beaumont made from his observations upon digestion in St. Martin's stomach. It shows the time occupied in the digestion of different articles, in that particular case. In less healthy stomachs, the process would undoubtedly occupy a much longer time, and certain articles are wholly indigestible by certain stomachs, and produce violent pain.

DR. BEAUMONT'S DIGESTION TABLE.

Meats.	h.	m.
Soused pigs feet, boiled,	1	00
Soused tripe, boiled,	1	00
Venison steak, broiled,	1	35
Fresh beef's liver, "	2	00
Wild turkey, roasted,	2	18
" " boiled,	2	25
Domestic turkey, roasted,	2	30
Fresh lamb, broiled,	2	30
Roasted goose,	2	30
Fricasseed chicken,	2	45
Fresh beef, roasted,	3	00
Beef steak, broiled,	3	00
Mutton soup,	3	30
Fresh mutton, broiled,	3	00
" " roasted,	3	15
" " boiled,	3	00
Pork steak,	3	15
Pork, recently salted, raw,	3	00
Pork, recently salted, boiled,	3	15
Chicken soup,	3	00
Domestic fowls, boiled,	4	00
" " roasted,	4	00
Fresh veal, broiled,	4	00
Beef and vegetable soup,	4	00
Old salted beef,	4	15
Boiled salt pork,	4	30
Fried salt pork,	4	15
Wild ducks, roasted,	4	30
Fresh veal, fried,	4	30
Pork, fat and lean, roas'd,	5	15
Tendon,	5	30
Fresh beef suet,	5	30
Oysters, fresh, raw,	2	55
" " stewed,	3	30
Oyster soup,	3	30
Heart, animal, fried,	4	00
Sucking pig, roasted,	2	30

Vegetables.	h.	m.
Apples, sour, mellow, raw,	2	00
Apples, sour, hard, raw,	2	50
Apples, sweet, mellow, raw,	1	00
Rice, boiled,	1	00
Sago, boiled,	1	45
Raw cabbage, with vinegar,	2	00
Tapioca, boiled,	2	00
Irish potatoes, baked,	2	30
" " boiled,	3	30
Parsnips boiled,	2	30
Raw cabbage, head,	2	30
Boiled " with vinegar,	4	30
Beans, pod, boiled,	2	30
Apple-dumpling, boiled,	3	00
Carrot, orange, boiled,	3	15
Turnip, flat, boiled,	3	30
Beats, boiled,	3	45
Green corn and beans, boiled,	3	45
Fish.		
Cured cod-fish, boiled,	2	00
Fresh striped bass, boiled,	3	00
Fresh flounder, fried,	3	30
Salmon, salted, boiled,	4	00
Fresh eggs, boiled soft,	3	00
" " boiled hard,	3	30
" " raw,	2	00
" " fried,	3	30
Milk, raw,	2	15
Milk, boiled,	2	00
Tapioca, boiled,	2	00
Sponge cake,	2	30
Baked custard,	2	45
" corn cake,	3	00
" corn bread,	3	30
Strong old cheese,	3	30

ALCOHOL.

The object of this Manual will not be wholly answered if it should fail to enforce all arguments for temperance. Temperance in eating is but one form of that virtue. Temperance in drinking also comes under the head of physiological diet.

Mr. Youmans has explained so clearly and convincingly the evil effects of alcohol upon the human system, that little or nothing can be added to his statement. A few extracts from his excellent "Class Book of Chemistry," which should be used in every common school, and in every family, and from which many of the most valuable physiological hints given in this Manual

have been taken, will be sufficient for the present purpose.

"The most striking effect of alcohol upon the human system is upon the brain. It is as truly a poison to the brain as corrosive sublimate and arsenic are to the stomach and other tissues. It also acts unfavorably upon the tissues.

"Its chemical composition is such as to forbid its ever being transformed into the animal tissues.

"It has been found that when animals have been poisoned by alcohol, which has been introduced into the stomach, the coats of that organ become so thoroughly imbued with it throughout their whole thickness, that no washing can remove it. The tissues remote from the stomach are impregnated with it in the same way, when it is introduced into the current of the circulation. Their substance shrinks, and their chemical relations are altered.

"Its effects upon the blood are to prevent the coagulation of fibrine, and it is, therefore, an obstacle to nutrition, because that vital process is impeded by which the solid substances of the body are organized or elaborated from the blood. Physicians and surgeons testify that the healing process in cases of wounds, ulcers, &c., is very uncertain in persons who drink largely of spirituous liquors.

"When alcohol is introduced into the blood-

system in excess, the blood in the arteries assumes a dark or venous appearance, and this is because alcohol is more combustible than the ordinary constituents of blood, and consequently attracts its oxygen, and is burned to carbonic acid and water. This arrests the natural process of oxidation, upon which the vigor of the animal powers depends.

"Alcoholic liquors possess in a remarkable degree the power of diminishing the carbonic acid exhaled in the breath, and its consequent accumulation in the system is probably a partial cause of that prostration, both of physical and mental power, which attends the advanced stages of intoxication.

"The effect of alcohol upon the nervous system is also *special.* The selective power of alcohol, by which it fastens upon nervous matter, is proved by the fact that it has been found diluted in considerable quantity, in the substance of the brain of habitual inebriates. The nerves are stimulated into unhealthy activity, and the heightened action is communicated to the heart, quickening the circulation, and the reaction is a prostration of all the powers. The human body, in its natural state, is incombustible, that is, it requires the addition of a considerable amount of fuel to reduce it to ashes. But some instances have occurred, in which spirit drinkers have taken fire and been consumed. This fire

has been kindled by inflammable vapors in the breath."

When brandy and wine are used in cooking, if the articles in which they are used are heated to the boiling point, the alcoholic principle has escaped entirely, as alcohol boils at a temperature of 172°, whereas *water* will not boil under a temperature of 212°. Those preserves which are put into cold brandy, as peaches often are, are subject to the evil effects of alcohol, but brandy or wine used as a flavor for pies, puddings, or cake, are not objectionable for the above reason.

It will be easily understood from the preceding remarks, that this cookery book will differ from all other cookery books, in leaving out from the composition of breads, cakes, pies and puddings, all deleterious ingredients, such as saleratus, soda, melted butter, lard, suet and other fatty substances, in combination with wheat and other farinaceous articles of food. Experience and observation have shown conclusively, that the very best quality of bread can be made without any such addition, if proper attention is given to the subject by the intelligent housekeeper, and that cream will serve all the purposes of butter, lard and suet, for shortening and enriching pies, puddings, and in the preparation of vegetables, generally made so unhealthful by the addition of melted butter. An exami-

nation of the very best cookery books shows that scarcely a receipt is given without these articles, if by any possibility they can be introduced.

A chapter in the work will be devoted to the consideration of diet for the sick.

CHAPTER I.

GLUTEN.

The nutritive quality of grain depends very much on the proportion of gluten it contains.

TABLE OF GRAINS AND OTHER COMMON ARTICLES OF FOOD.

	Gluten.	Fat.	Sugar and Starch, &c.	Water.
Wheat, (whole grain,)	12 per ct.	2	72	
Whole bran,	14 to 18	6	63	
Fine wheaten flour,	10	2	73	
Wheaten bread,	5¼		46¼	
Rye bread,	5½		46¼	
Indian corn meal,	12	8	66	
Scotch oatmeal,	18	6	62	
Rice,	7 to 8		92½	
Buckwheat flour,	10			
Pulse, averages,	24	2		
Turnip, (dried meal,)	12			
Potato,	8		92½	
Carrot,	11			
Onion,	25 to 30			
Cabbage, (dried,)	30 to 35			
Cauliflower, "	64			
Mushroom,	56			
Lean beef,	19	3		
Dried flesh,	84	7		
Dried oat cake,	21	7	70	

Wild meat and fowls contain much less fat than butchers' meat, except when fowls are fattened, as the capon, the ortolan, and the

diseased livers of geese, which make the French *paté fois gras.*

Veal is less fat than beef; pork, fatter.

	Gluten.	Fat.	Sugar and Starch, &c.	Water.
Dried skate, . . .	97	3		
" salmon, . .	78	22		
" eel, . . .	44	56		
" haddock and herring,	92	8		
Egg, ...	14	10½		72

The egg, therefore, is richer in fat than beef, but the white contains no fat. The 14 per cent. of egg is albumen, which is isomerically identical with fibrine and gluten, and can even be resolved into them. Albumen and gluten are very constipating kinds of food, and should be eaten with butter or oil. When fats are melted, a new difficulty in digestion arises, but cold butter or olive oil are healthful; never melted butter or melted lard.

	Curd or Casein answering to Gluten.	Fat.	Sugar of Milk.	Water.
Cow's milk, . . .	4½	3	4¾	87

This milk partakes of the nature of both vegetable and animal food. The casein is a nutritive substance that answers to gluten, fibrine and albumen, and the sugar answers to the starch in wheaten bread. It is constipating when eaten alone. Acid fruit eaten with it rectifies its effects upon the digestive powers, and even grains modify them.

	Curd or Casein.	Fat.	Sugar of Milk.	Water.
Human milk, . . .	4	$2\frac{3}{4}$	$4\frac{1}{3}$	89
Mexican cocoa bean, .	18	55	23	

Cocoa resembles milk more nearly than any other variety of human food.

As the natural food of the young mammalian is the milk of its mother, that milk may be looked upon as a kind of model food, for the species to which the animal belongs. Woman's milk, therefore, is the type of human food, and after its form and composition all other kinds of food should be adjusted, especially in the cases of persons whose condition approaches that of the child. Hence it seems reasonable to infer, —

First, that our food ought to contain a due admixture of vegetable and animal food substances, in which the proportions of the three most important constituents, fat, starch or sugar, and fibrine or gluten, are properly adjusted.*

Second, that the food, if not naturally liquid, should be intimately mixed with a large quantity of liquid before it is introduced into the stomach. This lesson we have already learned from the study of various natural forms of vegetable food. The attainment of these two ends ought always to guide the operations of those who wish to prepare what will be wholesome for the majority of men to eat.†

* Fat is in very small proportion in milk.

† See Dr. Johnston's Chemistry of Life.

Tabular expression of the composition of dried beef, eggs, milk, dried wheaten flour and dried oatmeal.*

	Beef.	Eggs.	Milk.	Fine Wheaten Flour.	Oatmeal.
Fibrine, casein, albumen or gluten .	89	55	35	12	21
Fat . . .	7	40	24	2½	7
Starch or sugar .			37	83½	70
Ash or mineral matter	4	5	4	2	2
	100	100	100	100	100

* See Dr. Johnston, &c.

CHAPTER II.

COOKING OF MEATS.

Dr. Johnston says:*

"The first effect of the application of a quick heat to a piece of meat, is to cause the fibres to contract, to squeeze out a little of the juice, and, to a certain extent, to close up the pores so as to prevent the escape of the remainder.

"The second is to coagulate the albumen contained in the juice, and thus effectually and completely to plug up the pores, and to retain within the meat the whole of the internal juice. Thereafter, the cooking goes on through the agency of the natural moisture of the flesh. Converted into vapor by the heat, a kind of steaming takes place within the piece of meat, so that whether in the oven, or on the spit, or in the midst of boiling water, it is in reality, when skilfully done, cooked by its own steam.

"A well cooked piece of meat should be full of its own juice, or natural gravy. In roasting, therefore, it should be exposed to a quick fire, that the external surface may be made to con-

* See Chemistry of Common Life.

tract at once, and the albumen to coagulate, before the juice has had time to escape from within. And so in boiling. When a piece of beef or mutton is plunged into boiling water, the outer part contracts, the albumen, which is near the surface, coagulates, and the internal juice is prevented either from escaping into the water by which it is surrounded, or from being diluted and weakened by the admission of water among it. When cut up, afterward, the meat yields much gravy, and is rich in flavor. Hence a beef-steak or a mutton-chop is to be done quickly, and over a quick fire, that the natural juices may be retained.

"On the other hand, if the meat be exposed to a slow fire, its pores remain open, the juice continues to flow from within as it is dried from the surface, and the flesh pines and becomes dry, hard and unsavory. Or if it be put into cold or tepid water, which is afterwards gradually brought to a boil, much of the albumen is extracted before it coagulates, the natural juices for the most part flow out, and the meat is served in a nearly tasteless state. Hence, to prepare good boiled meat, it should be put at once into water already brought to a boil.

" But to make beef-tea, mutton-broth, or other meat soups, the flesh should be put into cold water, and this afterwards very slowly warmed, and finally boiled. The advantage derived from

simmering, a term not unfrequent in cookery books, depends very much upon the effects of slow boiling as above explained.

"The beef-tea or soup should be made by chopping the meat small, pouring upon it its weight, or any other desired quantity of cold water, and letting it stand a long time in this water, and then bringing it slowly to a boil. The residual fleshy fibre is tasteless, and will not alone support animal life for any length of time. But, eaten with the tea or beef thus made, or with what the tea or soup contains, or made into savory meat by the addition of ordinary gravy, it will sustain and strengthen the body.

"If this beef-tea is made by being brought to a quick boil, it will not contain so much of the nutritious matter of the beef, but it exercises a special tonic and exhilarating influence upon the system, independent of any directly nutritive property it may possess. The meat tea will be more nutritious in the ordinary sense, the more of the jelly-forming substance of the meat it holds in solution. These two teas or soups, (the quickly boiled and the slowly boiled,) are suited to the digestive powers of different constitutions.

"The preservation of meat by salting depends upon the separation of water, upon the exclusion of air, upon the saturation with salt of the juice which remains in the meat, and upon the

formation of a weak compound of the flesh with common salt, which does not readily undergo decay. But this preservation is attended by a diminution in its nutritive qualities, for the juice which flows out contains albumen, kreatin, phosphoric acid, and potash. These substances, (which the salt causes to flow out by contracting the fibres,) are precisely the same as are more fully extracted by water, in the method of making savory beef-tea, and in proportion as they are extracted, the nutritive properties of the meat are diminished. Hence one reason why long feeding on salt meat affects the health, and why vegetables and other substances, which are capable of supplying what the meat had lost, are found to be the best means of restoring it.*

"As a whole, flesh meat is eminently nutritious, because it contains *all* the materials which are necessary to build up our own flesh; but remove from it a portion of these materials, and the remainder becomes more or less useless, — as bricks and stone become useless to the builder if we refuse him the requisite quantity of mortar.

"There is much analogy between the bread and the beef, the vegetable and the animal forms of food on which we live. Between the gluten of the one and the fibrine of the other, we have

* Sailors affected with scurvy, from eating salt meat, are sometimes cured by eating a raw turnip. — Ed.

also found a very close similarity, and in the animal economy they are both fitted and intended to serve the same main purpose.

"There is also an absolute identity of substance, — as regards their solid part at least, — among the fatty compounds which are met with in the eatable productions of the animal and vegetable kingdoms. . . . .

"Again when the parts of plants are burned in the open air, they disappear for the most part, and leave only a small proportion of each behind. This ash consists of a mixture of various substances, spoken of as their mineral, earthy, saline, or inorganic constituents.

"The same takes place when the parts of animals are burned; and the mixture of mineral matters obtained, consists, in either case, of the same substances, only differing more or less in their relative proportions. The same things occur in the ash of bread as in the ash of beef. In whatever degree, therefore, the nutritive properties of our food depend upon the kind of mineral matter it contains, it is almost a matter of indifference whether we live upon an animal or a vegetable diet."

From the above tables and extracts, every one may see what are the proportions of nutritious matter contained in food as it is prepared by nature. It is obvious that we should take nature

for our model, and if we take milk as our special model, it will be seen that it contains half as much fat as gluten, and quite as much starch, sugar, &c., (the non-nitrogenized constituents of food, fitted for the respiratory part of digestion,) as gluten. Where these proportions vary, we must adjust our food to meet the difficulty. Sweet butter and sweet olive oil are the most digestible of all fats. Experience teaches that the action of fire upon these fats so alters their nature, that they disturb the digestive powers. When we wish to cook fat into our food, let us then take the safe resource of using cream.

CHAPTER III.

BEVERAGES.

In regard to beverages, Dr. Johnston says:

"As to the physiology of these beverages, or their action on the system, it appears," that . . . .

[These remarks follow a long and interesting analysis of all the various kinds of tea and coffee used in the world.]

"Generally, they all exert a remarkable influence on the activity of the brain, — exalting, so to speak, the nervous life; yet they do so in a way different from opium or ardent spirits, since they act as antidotes to the narcotic influence of the one, and relieve the intoxication produced by the other. They all soothe the vascular or corporeal system, allay hunger, retard the change of matter, and diminish the amount of bodily waste in a given time; and if this waste must, in the healthy body, be constantly restored in the form of ordinary food, this diminution of the waste is equivalent to a lessening of the amount of food which is necessary to sustain the body; — hence their value to the poor.* They are *indirectly* nutritious. Specially,

* These remarks were designed for a country where the laboring poor cannot get enough to eat, but no principle can be more unsound. The more food an individual can well digest and assimilate, the stronger he will be both in muscle and brain. All stimulants, therefore, which diminish the demand for the largest amount of food that can be well digested and assimilated, diminish the productive power of a human being whether considered as an animal or a man. — Ed.

they diminish the quantity of the carbonic acid given off from the lungs in a given time, and that also of urea, phosphoric acid, and common salt in the urine. These are the chemical forms in which the lessening of the change of matter manifests itself. In the case of coffee, it has been ascertained by experiment, that the lessening of the waste is due more to the empyreumatic oil it contains, than to the cafeine. The same is probably true also of tea. The increased action of the heart, the trembling, the headache, and the peculiar intoxication and delirium which extreme indulgence in coffee sometimes produces, are mostly caused by the cafeine. On the other hand, the increased action of the kidneys, of the bowels, and of the perspiring vessels, and generally the increased activity of the whole system, are ascribed to the action of the oil."

The Mexican cocoa, the food most nearly resembling milk, besides its directly nutritive properties, possesses also a volatile oil, similar in its effects to the empyreumatic oil of tea or coffee. Dr. Johnston says:

"The preparations of cocoa are skilful chemical adjustments, made without chemical knowledge, as the results of long and wide experience. The advantage of cocoa over tea and coffee, is its superior nutritive property, and over beef-tea and other similar beverages, is its empyreumatic oil and the principle of the bromine, which resembles the principle of theine found in tea. It thus unites in itself the exhilarating properties of tea, with the strengthening and ordinary body-supporting qualities of milk. When milk and cocoa are mixed, also, the predominating fat of the one, and casein of the other, dovetail into and assuage the influence of each." *

* Mr. Baker, of Dorchester, Mass., has distinguished himself, in his day and generation, by his various preparations of cocoa. Ed.

The discrepancy between Dr. Griscom's and Dr. Johnston's opinions of tea, will be observed, but both are entitled to respectful consideration; the one from the attention he has devoted to the subject of hygiene, the other for his chemical investigations.

TEA.

One teaspoonful for each person. Pour boiling water upon it.

COCOA.

Boil a small teacupful of ground cocoa-bean an hour, in a quart of water. Let it cool, skim off the fat and boil it again with a pint of good milk.

BAKERS' COCOA PASTE

Is properly prepared with starch and sugar. Three table-spoonfuls boiled in a pint of milk and a pint of water for twenty minutes is the rule.

SHELLS.

This is the outer skin of the cocoa-bean, which does not contain the fat. Boil a large teacupful two or three hours in a quart of water. Keep it boiling. Boil milk or cream to put into it.

CREAM SYRUP

Is excellent for shells. Two pounds and a half of sugar to a quart of cream, boiled in a saucepan, cooled in a jar, and then bottled tight, will keep for many weeks.

CHAPTER IV.

YEAST, BREAD, GRIDDLE CAKES, MUFFINS, WAFFLES, &c.

YEAST AND BREAD.

The most important item of housekeeping is bread-making.

To make good bread, we must first secure good yeast. There are three kinds of yeast, from either of which good bread can be made.

DRY YEAST.

One handful of hops, boiled half an hour in two quarts of water; ten good potatoes, boiled half an hour and mashed fine, without removing the skins; strain the boiling water from the hops upon the potatoes, add two tablespoonfuls of salt, strain the mixture upon one pint of flour; when cooled to the lukewarm point, add one pint of good brewer's yeast, and let it rise six hours; when it is finely "up," stir in sufficient sifted Indian meal to make it a thick paste. Spread this paste upon a cloth or a board, as thick as the handle of a case-knife, and let it dry in the dry, outward air, without being touched by the rays

of the sun. It will dry even better if broken up. This will take two or three days. When perfectly hard, bag this paste, and if hung in a cool, dry place, it will be good for use a year. It is excellent for summer use, because it precludes the danger of sour yeast, and excellent for winter use for many reasons of convenience. Soak half an hour in warm water for use. Sometimes this yeast loses its goodness in August.

YEAST.

Yeast made for temporary use is prepared in the same way, with the exception of the Indian meal. Instead of mixing the meal with it after it has risen, strain it through a cullender or sieve, and put into a stone jug, stopped tight. It will keep three weeks in winter, and, under favorable circumstances, one week in summer, but in the latter season, it is better to make it fresh every time it is needed, retaining only so much of it as will raise a fresh supply when wanted.

Sometimes a piece of dough, which has been carefully kept several days, will raise a new portion of yeast.

SALT RISINGS.

This is another species of yeast, which makes very delicious bread.

Take a tea-cup full of *fresh*, *new* milk, (no other will answer,) put into it a third of a tea-

spoonful of fine salt, the same quantity of finely powdered sugar, pour upon it enough boiling water, (a pint or more,) to scald it thoroughly. When it has cooled off a little, stir in half a pint of flour, or more, in proportion to the water, set the tin dish that holds it into a kettle of warm water; if it shows no sign of rising in three hours' time, (the water in the kettle being carefully kept at an even temperature,) sift in a little more flour. As soon as it bubbles, leave it entirely at rest, and in five hours from the first scalding of the milk, it will rise beautifully, as white as snow. It is fit for use at that very moment. If the bread can be mixed with luke-warm milk and water, instead of water alone, it will be very rich.

BRAN MIXINGS.

Pour upon a quart of bran, warm water enough to soak it well, and to mix a batch of bread. When soaked, strain and heat the viscous liquid, and mix the bread with it, instead of using simple warm water. It adds 30 per cent. of nourishment to the bread, but the bread will not be so white.

Another mode is to pour cold water upon the bran, and then heat it. The extract contains a principle found only in the outer coatings of the bran which is usually lost by the first bolting of the wheat. It is a nutritious principle,

generally eaten only in the article called *cracked wheat*, which is an excellent article of food for dyspeptics.

BREAD MADE WITH DRY YEAST.

Boil half-a-dozen potatoes, mash them, and strain the water while boiling-hot upon a pint of flour. When it has cooled off somewhat, add a large table-spoonful of the dry yeast, well soaked for fifteen minutes in warm water, and stir in a little more flour. Set it in a warm place to rise, and when it comes up, mix up the bread, putting half a pint of this yeast to five or six quarts of flour, and a table-spoonful of salt, or more if liked. *Put salt and yeast in the water.* One trial will prove how much yeast five quarts of flour will require. The quantity will be in proportion to the strength of the yeast, and when the requisite quantity is ascertained, let flour and yeast always be measured. After mixing the bread to the desired consistency, with the help of warm water or warm bran mixings, set it to rise in a trough or pan, in a warm place, and when it has risen light and well, knead it in separate loaves, and let it rise a second time in pans, which have been well buttered and kept warm. It will make very fine bread. The great secret of bread-making is to put in enough of that ingredient called *shoulder* or *fist*. There can hardly be too much of this at the second

kneading. The dough will become perfectly smooth, and will spring under the hand by its own elasticity. If it were kneaded two hours it would be all the better for it, and machines have already been invented and used for this purpose. Pounding with a large wooden pestle or roller is very excellent, but a long continued process of this sort requires more time and strength than an ordinary cook can give.

It would be a good custom if all the ladies in the family would take their turn at every batch of bread that is made. The goodness of the bread would reward them for the time and labor, and it would also prove an excellent exercise in gymnastics.

BREAD MADE WITH WET YEAST.

Three quarts of flour, half a cup of yeast, one table-spoonful of salt, and warm water or bran mixings enough to make a soft dough. After it has risen once, knead it as above, in separate loaves, with ten-shoulder power.

Remark. — It is more convenient to mix up bread at night, and find it already risen in the morning, but when this is done, there is great danger of its becoming a little sour before it has the second kneading. A good housekeeper, who is resolved to have no excuse for adulterating and poisoning her bread with saleratus or soda,

will commence her operations in the morning, even if the bread cannot be baked until the afternoon. It can then be watched, and the right moment seized; the temperature that surrounds it can be carefully kept equable; the eye will learn to follow all the changes through which it passes; the cook, if the bread-making is deputed to a cook, will have less temptation to put in the stolen alkali. The bread will, undoubtedly, be more *Christian* than if made under other circumstances.

The best bread contains small and uniform pores or vesicles. If bread contains large holes, it is either because the dough was too watery, or not sufficiently kneaded, the flour too finely ground, or the heat of the oven insufficient.

Dark-colored flour makes the most nutritious bread, because it contains most gluten.* Gluten is harder to grind than the starch in grain, hence the whitest flour, obtained by repeated siftings, loses the most of its nutritive principle, gluten. Starch remains unaltered by the gastric juice, but gluten is digested. The small or tail corn which the farmer separates before bringing his grain to market, and usually *grinds for his own use*, is richer in gluten than the plump, full-grown grain, and is therefore more nutritious.†

* By dark-colored flour is meant that which has not been too much sifted. Flour is sometimes dark because the wheat is not good.

† See Johnston's Chemistry of Life.

"Put a stale loaf into a *closely covered tin*, and expose it half an hour to heat, not exceeding that of boiling water, and then remove the tin and allow it to cool, the loaf will be as good as new. This is because the amount of the water is not diminished by time, but only altered in its relation to the internal arrangement of the molecules of the bread. The gluten of flour when once thoroughly wet, is with difficulty dried again, and forms a tenacious coating round every little hollow cell in the bread, which coating does not readily allow the water to dry up and pass off in vapor. The dry crust is also nearly impervious to water. There are 66 parts of water in 100, in the bread we eat." *

ADULTERATIONS OF FLOUR.

The presence of alum or other saline matters, with which flour is sometimes adulterated, may be detected by burning a loaf of bread.

If 2000 grains of pure bread are burned, they will not yield more than from 15 to 25 grains of ashes. If more than this is found, some saline substance has been added fraudulently.

The specific gravity of the flour is also increased by chalk, lime, and gypsum.

Potato starch may be detected in flour by adding nitric acid, which changes the flour to a

* See Johnston's Chemistry of Life.

fine orange yellow, but does not affect the color of the potato starch.

Good flour will show the mark of the fingers, if pinched tightly.

UNBOLTED WHEAT BREAD.

To five pounds of flour well mixed with nearly a table-spoonful of salt, add a cup and a half of yeast, a cup of molasses, and about a pint of warm water.

Unbolted wheat bread is more wholesome than bolted wheat. It should be upon every table, and eaten at least a part of the time.

CORN MEAL BREAD.

Sprinkle a little salt over a quart of sifted Indian meal, mix it with scalding water, stir it well. Bake it on a board before the fire, or on a tin in a stove. It may be eaten warm, but no bread should ever be eaten hot.

INDIAN GRIDDLE CAKES.

One quart of sifted Indian meal, four large spoonfuls of wheat flour, a quart of new milk, four eggs well beaten and a little salt. Bake them on a soapstone griddle. (*Corn meal deteriorates in the air sooner than wheat.*)

RYE AND INDIAN BREAD.

Take four quarts of sifted Indian meal,

sprinkle a table-spoonful of salt over it, pour upon it two quarts of boiling water, and be careful that all the meal is thoroughly wet. When lukewarm, mix in two quarts of rye meal, two table-spoonfuls of yeast, well soaked in a pint of warm water; add more water, if necessary, as Indian meal absorbs a great deal of water. Put it into a large, buttered pan; smooth the top by dipping the hand in warm water and patting down the loaf. In winter it may be placed in a warm place to rise, but not near the fire in summer. When it begins to crack upon the top, which will be in about two hours and a half, put it into a well-heated oven, and let it bake three or four hours. Indian meal should be well cooked.

Some persons use sweet milk instead of water, but the bread will not keep so well in summer. Some persons prefer the corn and the rye meal in the proportions of half and half.

Rye forms a nutritive bread, though inferior in this respect to wheat. It produces a laxative effect upon the system. Rice has the opposite tendency. A mixture of 75 per cent. of rye with 25 of rice forms a good bread, free from the defects of both.

CORN MEAL CAKES.

To one cup of cream add a quart of new milk and a teaspoonful of salt, half a cup of

sugar and four eggs; beat in enough fine Indian meal to make stiff batter, and bake it in pans half an hour.

CORN MEAL GRIDDLE CAKES.

Boil a quart of milk, and scald with it as much corn meal as will make a thick mush. (Yellow meal needs more boiling than white.) When it is partially cooled, stir in a table-spoonful of dry yeast or half a cup of wet yeast, three well beaten eggs, a teaspoonful of salt, and two table-spoonfuls of wheat flour. Let it stand three or four hours, and bake on a hot soap-stone griddle rubbed with salt. (It will be necessary to rub the griddle with the salted rag between every griddle-full of cakes, to prevent burning.) Yellow meal is the best.

MUFFINS.

Warm a quart of new milk, and stir in two cups of rich cream; add four eggs well beaten, a table-spoonful of salt, a cup of yeast or a table-spoonful of well soaked dry yeast, and flour enough to make a stiff batter; beat it well with a spoon, and let it rise for six hours. Fill the muffin rings half full of the mixture, and bake them about twenty minutes.

WAFFLES.

Add to a quart of milk a cup of rich cream,

a little salt, four well beaten eggs, and flour enough to make a thin batter; heat and rub the irons well with salt, fill them and bake them very quickly. Grate sugar over them, and eat them with cream, or with butter *when they are not too hot to melt it.*

RICE WAFFLES.

Add a cup of rice, boiled soft and mashed fine to the above, with half the quantity of flour.

RYE CAKES.

To one cup of rye flour add one of Hecker's prepared flour, a cup of warm milk, half a cup of cream, half a teaspoonful of salt, and four eggs; beat it till it is light, and bake in cups, one third full, a good hour.

BUCKWHEAT CAKES.

To one quart of buckwheat flour add half a cup of yeast, a cup of cream, a table-spoonful of salt, and make a thin batter with warm water. After beating these well together, set the mixture to rise for about eight hours; heat the griddle and rub it with a dry cloth well saturated with salt. Bake in small cakes.

RICE-FLOUR DROPS.

Rub a table-spoonful of salt into a pint of rice-flour, or ground rice; take a quart of milk,

and wet the flour with a portion of it. Boil the rest and turn the wet flour into it, and let it boil till it is a very thick mush, stirring it all the time, that it may not burn; let it cool off and then add the yolks of four well-beaten eggs; beat the whites of the eggs in a flat dish till they are all foam, stir these into the warm mixture and add as much rice-flour as can be stirred in with a spoon. With a table-spoon, wet in water, cut out the cakes and lay them on a tin that has been rubbed with salt; bake them till they are of a delicate brown.

DROP CAKES.

Put six well-beaten eggs into a pint of thick cream, add a little salt, and make it into a thick batter with flour. Bake it in rings or in small cups, fifteen or twenty minutes. The same may be made with Graham flour.

CREAM BISCUIT.

A pint bowl full of light dough that has been made wholly with milk, with the addition of a small teacup of cream and a fresh egg, will make a very nice dish of biscuits. These ingredients must be thoroughly kneaded together, then rolled out to an inch of thickness and cut with the top of a tumbler or a cake cutter. Place them on a tin sheet, and let them rise in a moderately warm place; when well risen, they will

bake in twelve or fifteen minutes in a quick oven or baker. Care must be taken not to bake them too long. This mixture may be made into bunns by adding brown sugar and essence of lemon.

RUSK.

Beat three eggs thoroughly, then beat in a cup full of sugar, and a little flavoring to the taste, of lemon or nutmeg. Add a tumbler and a half of rich cream which has first been mixed with a little flour; use no more flour than will give it consistency enough to be moulded. Let it rise all night or all day, and when very light, put it upon tins to rise again before baking. Bake in a quick oven, fifteen or twenty minutes.

GERMAN WAFFLES.

A pint of the richest cream, four eggs, half a gill of yeast, a little salt, and flour enough to make a batter as thick as for griddle cakes. The waffle iron must be heated on hot coals and then buttered, one side filled with batter, shut up and laid upon the coals; in a few minutes turn it upon the other side. These cakes may also be baked excellently on a soapstone griddle rubbed with salt.

RICE GRIDDLE CAKES.

Boil a tea-cup of rice in two teacups and a half of water; when the water is nearly ab-

sorbed, add a pint and a half of milk; when the rice is very soft, let it cool, then add a table-spoonful of dry yeast that has been well soaked, three eggs, two table-spoonfuls of sugar, a little salt and flavoring, and flour enough to make a suitable batter for the soapstone griddle. Let it rise till it is very light. These will be very good with one egg, a cup of cream and no yeast.

GROUND RICE GRIDDLE CAKES.

Mix half a teacup-ful of ground rice, very smoothly, in a gill of cold milk, and pour it into a pint of boiling milk. While boiling hot, add a little salt, and stir in flour enough to make a batter for the griddle. When cool, half a tea-cup of yeast and three eggs will raise it very light.

CREAM CAKES.

Stir a teaspoonful of salt into a pint of thick, sweet cream; sift in slowly a quart of flour; roll it an inch thick, cut it out with the top of a tumbler, and bake in an oven.

ROLLS.

Take a cup of sweet cream, the whites of three eggs beaten to a foam, a teaspoonful of salt risings, and a little salt; mix in a pound of sifted flour with warm milk enough to make a stiff dough. Set it in a warm place, and it will

rise in an hour. Knead it into rolls, and bake on a floured tin in a quick oven for fifteen minutes.

IRISH POTATO CAKES.

Add a cup of sweet cream to a quart of boiled, mashed Irish potato. Salt it and stir in flour enough to make a paste, (as little flour as will answer the purpose,) and bake it on a board before the fire, or in a floured tin pan.

FLANNEL CAKES.

Beat into a quart of new milk or cream the yolks of four eggs and the whites of two, a pint of flour, a teaspoonful of salt risings, and a teaspoonful of salt. Beat the yolks separately from the whites till they are all foam; stir the flour into the egg, then the yeast, then the milk or cream by degrees. Beat it well when all mixed, and let it rise for three or four hours; bake on a griddle, or in waffle irons. The batter must be thicker for waffles than for griddle cakes.

CHAPTER V.

PUDDINGS.

BREAD PUDDING.

To one loaf of bread, well grated, pour two quarts of boiled milk or cream, four eggs, (more if convenient,) a quarter of a pound of white sugar, flavor to the taste, (mace is a very good flavor,) and bake an hour. If the boiled milk is poured upon pieces of stale bread and left standing two hours, they can be mashed and freed from lumps with the hand before putting in the eggs. Dried currants, that have been well washed and swelled in luke-warm water, or raisins, will be a good addition to this pudding. If made with crackers, it will be still more delicate. Cold sauce may be eaten with it, or fruit sauce, if no fruit is put into the pudding.*

TAPIOCA PUDDING.

Swell a cup of tapioca, either in water or milk, till it has become jelly; add a pint of cold milk or cream, five eggs, two cups of sugar, half

* Stale bread may be made fresh by heating in a covered tin.

a teaspoonful of salt, and the grated rind of half a lemon. A cup of raisins or currants will improve it. Bake it an hour and a half.

SAGO PUDDING.

Is made in a similar manner, but requires more eggs.

ARROW-ROOT PUDDING.

Wet half a cupful of arrow-root with a cup of cold milk. Then pour upon it a pint of boiling milk, in which a teacupful of powdered white sugar has been dissolved, stirring it briskly; add four eggs, and lemon juice, or grated rind, or mace, according to taste. Line a dish with thin potato paste, or bake it by itself, according to taste.

MACARONI PUDDING.

Soften macaroni over the fire in milk until it is tender. Two ounces to the pint will make a good sized pudding. Add four or five eggs, a teacupful of white sugar, flavor it with lemon, peach water, or rose water, and bake it an hour.

COCOA-NUT PUDDING.

Grate the cocoa-nut very fine; take the cocoa-nut milk, add to it two cups of rich, sweet cream, as much sugar as cocoa-nut by weight, five or six well beaten eggs, and a little grated

lemon. Line a baking dish with thin cream or potato paste, and bake it an hour. It may be necessary to cover it with paper when partly baked.

PINE-APPLE PUDDING.

Peel the pine-apple, grate it fine; take its weight in sugar, and add to the sugar two or three cups of cream; beat these to a foam with the whites of five eggs; after mixing this with the pine-apple, beat it half an hour, and bake it, with or without crust.

ALMOND PUDDING.

Pulverize in a mortar half a pound of blanched almonds; beat up eight eggs, a pound of sugar, and three or four cups of rich cream till they foam; stir in first the almonds, then the eggs, then rose water or lemon juice. Add new milk or more cream, and bake it in a deep pudding-dish three quarters of an hour.

SQUASH PUDDING.

A quart of well stewed and sifted squash, a quart of grated bread, a teaspoonful of salt, six eggs, a pound of sugar, a flavoring of mace or lemon, and a quart or three pints of good cream, will make a very nice pudding. Line the pudding-dish with thin potato paste.

CARROT PUDDING.

A pint of carrot that has been stewed well and sifted carefully, to three pints of grated bread or crackers, added to milk or cream, &c., as above, will make a very nice pudding.

SWEET POTATO PUDDING.

Sweet potatoes, which are now cultivated at the West, make a very delicious pudding, compounded as above.

RICE PUDDING.

Swell a cup of rice, either in milk or water; add a quart of milk, three eggs, or even *one*, a little salt, mace and sugar, and bake in a deep dish.

MARLBOROUGH PUDDING.

Stew and strain six large apples, add half a pint of rich cream, the rind of one lemon, and the juice of two, six eggs and six ounces of sugar. Line a deep baking dish with rich potato paste, (a cup of cream to a quart of mashed potato,) and bake it an hour.

CUSTARD PUDDING.

One quart of milk, eight eggs, half a pound of sugar; season with lemon or peach, pour it into a pudding dish wet with cream, set the pudding into a pan half full of water, and put them into the oven to bake for three quarters of an hour.

If preferred, line the baking dish with delicate cream paste. Less egg will make a good custard.

BOILED INDIAN PUDDING.

Four teacups of Indian meal scalded with a quart of boiling water, two teaspoonfuls of salt, two gills of molasses. Tie in a cloth so as to let it swell one third, and boil three hours. Two cups of stewed apple will improve it. This pudding is very good eaten with roast beef as a vegetable.

BAKED INDIAN PUDDING.

Put four heaping table-spoonfuls of Indian meal into a pan; mix with it a teacup of molasses, and a teaspoonful of salt. Boil three pints of milk with orange peel; pour it scalding hot upon the meal, stirring it briskly the while, that it may not become lumpy; wet a deep pudding pan with cream, and pour in the pudding; lastly, pour gently over the top a tumbler full of cold milk or cream; bake it four or five hours in a hot oven. If it scorches upon the top, cover it with paper lightly.

ANOTHER BAKED INDIAN PUDDING.

Boil one quart of milk, and pour it scalding hot upon half a pint of Indian meal; after it has cooled a little, beat four eggs thoroughly

with two cups of brown sugar, and a cup of cream. Bake it three hours.

FLOUR AND INDIAN PUDDING.

Four table-spoonfuls of flour, four of Indian meal, four eggs, one quart of boiling milk, one cup of molasses, one teaspoonful of salt; pour a cup of cream over it just before it goes into the oven. Bake three hours.

WHORTLEBERRY PUDDING.

One pint of milk, three eggs, flour enough for a stiff batter. When these are well mixed, add three pints of berries, and tie the whole pretty tightly in a floured cloth, and boil it two hours and a half. Serve with cream sauce.

A COLD FRUIT PUDDING.

Stew together one quart each of whortleberries, raspberries, blackberries, a pint of currants, and a pound of brown sugar.

Cut a brick loaf into thin slices, and line with them a deep bowl. Pour in a layer of the fruit, then a layer of thin bread, and so alternately until the bowl is full. Lay a plate upon the bowl, which will go easily within the circumference of it. Lay a heavy weight upon it and let it stand several hours, perhaps all night.

Serve with cream or cream sauce. Any sweet and acid fruit combined will answer.

BOILED BATTER PUDDING.

Eight eggs, eight spoonfuls of flour, one quart of milk; beat these together very thoroughly; put the mixture into a well floured cloth or a water rinsed mould, and boil one hour. Serve it with cold sauce. If more flour and less egg is used, boil it longer.

The same pudding may be baked in an oven three quarters of an hour.

BOILED BREAD PUDDING.

Pour a quart of boiled milk or cream upon a pound of grated or thinly shaved bread. Let it soak thus for an hour or two, and then mash it and mix it finely together; add four or five beaten eggs, two cups of sugar, a little lemon juice or essence of lemon, or a little mace powdered with fine sugar. Bake it two hours. Add raisins, or a flavor of wine for boiling, and let it boil four hours.

AN INNOCENT PLUM PUDDING.

Ten or a dozen soft crackers may be broken into a quart of good milk or cream. Let it stand thus all night, and in the morning rub the whole through a cullender. Add eight eggs, a pound of sugar, a cup of molasses, a cup of wine, a table-spoonful of salt, the grated rind of a lemon, half a teaspoonful of mace, a quarter of a pound of citron, a pound of currants, and

a pound and a half of stoned raisins. Let it be boiled five hours, and served with cold sauce of braided sugar and butter and white of egg. Leave out the suet, cloves, nutmeg and brandy, that render plum pudding so deleterious.

SUNDERLAND PUDDING.

Make a batter as for a batter pudding, and bake it in small cups. Fill the cups two thirds full, having wet them previously with sweet cream.

RICE PLUM PUDDING.

Half a pound of rice, half a pound of raisins, half a teaspoonful of salt; tie it in a cloth, and boil it two hours and a half. To be eaten with sweet sauce.

BAKED RICE PUDDING.

Swell a large cup of rice, in milk or water, (milk being preferable,) add to it when swelled, a quart of milk, five eggs, two table-spoonfuls of brown sugar, or a cup of molasses, a little mace or cinnamon, a teaspoonful of salt, and a cup of rich cream; bake it an hour and a half. If the rice is put into cold milk unswelled, and baked immediately, bake it three hours. It will be a very good pudding with two eggs, or with the cup of cream left out. Raisins may be added if desired.

MIRROR PUDDING.

Eight well beaten eggs, and a pound of powdered sugar, two cups of rich cream flavored with lemon; set it on the fire and stir it till it thickens. The best way to do this is to put it in a pitcher, and set it into a kettle of warm water, not boiling, or it will crack the pitcher. Stir it till it thickens, then set it to cool. Line a dish with delicate cream paste, put in the pudding with a few strips of citron, if at hand. Bake it nearly an hour in a moderate oven, covering the rim if it burns.

EUGENIE'S PUDDING.

Grate three fourths of a pound of stale bread, and mix it with three cups of rich cream, three cups of chopped apples and dried currants, five eggs, and the rind or juice of a lemon. Put it into a mould and boil it three hours. Serve it with cream sauce.

CRANBERRY PUDDING.

Stew a quart of cranberries in as little water as possible; strain it, then sweeten it well and let it cool. Make a potato and cream paste, over which spread the cranberries an inch thick. Roll it in a floured cloth, and tie it at both ends closely. Boil it two hours, and serve it with sweet sauce, or cold sauce made of sugar

and cold butter well braided together. Any kind of fruit will answer as well as cranberries.

CORN PUDDING.

Cut lengthwise and scrape from the cobs, eighteen ears of sweet corn; add a quart of cream or milk, and three eggs; sugar and salt to the taste. Bake it slowly three hours.

QUINCE PUDDING.

Stew eight quinces without peeling them, sift them through a coarse sieve. A pint of cream, half a pound of sugar, six eggs, and a little cinnamon, will make a very delicious pudding.

NAPOLEON PUDDING.

Six eggs, six chopped apples, six ounces of grated bread, six ounces of dried currants, six ounces of sugar, and a little salt. Boil it two hours, and serve with cream sauce.

A RACHEL PUDDING.

Line a dish with slices of bread wet with cream, slice apples very thin, (save the parings and cores of apples for jelly,) sprinkle them with sugar, flavor them with orange peel, lemon peel, or anything agreeable to taste; put in alternate layers of thin bread and apple, and reserve some bread that will fit the top of the dish; set a plate upon the top to keep it well pressed, and when

it is nearly done, take off the plate that it may brown on top.

GROUND RICE PUDDING.

One pint of milk, half a pint of ground rice; wet the flour with some of the milk; boil the rest and pour over the wet flour, stirring it that it may not lump, return it to the fire, and boil till a very thick mush. Great care must be used to prevent its getting burnt; stir it all the time; when done stir in half a cup of cream, and half a teaspoonful of salt. Take two or more eggs, beat the whites on a large flat dish with a case knife, till they are all foam, beat the yolks separately, season with a little lemon juice; before the rice and milk are cool, beat all together, put into a water-rinsed dish, and bake an hour.

NOTE. — Everything that is made of rice is very wholesome. Rice is an absorbent, corrects an acid stomach, and even when mixed with rich ingredients, tends to neutralize their deleterious qualities.

POTATO PUDDING.

To one quart of potatoes well boiled and mashed, add half a pint of boiled cream, four eggs, (beating the whites separately,) a teacupful of white sugar, some grated lemon peel, or other flavoring, and bake it an hour.

APPLE DUMPLING.

Line a bowl with potato paste, allowing the paste to come a little over the edge. Pare some apples and fill the bowl; scatter in a little orange or lemon peel, or a little cinnamon, or pour in a wine glass of Madèira; when the bowl is quite full, cover with paste, turn over the edges and wet them with water and pinch them together; set the bowl into the oven, or slip out the dumpling into a well floured cloth, and boil it in water already boiling.

LEMON PUDDING.

Half a pint of rich cream, four eggs, a glass of wine, the grated rind of two lemons with the juice and pulp; salt and sugar to the taste. The sugar, eggs, lemon, and wine, should be stirred into the boiled cream when it has been cooled off, to prevent curdling. Four oranges and less sugar, for an orange pudding.

BIRD'S NEST PUDDING.

Wash twelve apples, take out the cores, but do not open them all the way through, wet a dish with cream, and lay them into it; fill the holes in the apples with sugar, orange peel or mace, or the gratings of a lemon. Pour over them a custard, or a nice batter, and bake an hour. Eat with cold sauce.

APPLE INDIAN PUDDING.

Scald half a pint of Indian meal with milk, add three table-spoonfuls of molasses, a cup of cream, a teaspoonful of salt, six apples cut into small pieces, and bake it three hours.

INDIAN PUDDING THAT CAN BE USED AS A VEGETABLE WITH CREAM GRAVY.

Scald Indian meal thoroughly, tie it up tight in a bag, and boil it three hours.

RYE PUDDING.

Put three large table-spoonfuls of rye-meal into a pint of cold milk or cream, add a little salt and three or four eggs. Boil it an hour in a bowl wet with cream.

BATTER PUDDING.

A quart of cold milk or cream, nine eggs, twelve spoonsfuls of flour, a little salt, and flavoring to the taste. Boil in a well floured cloth, an hour and a half.

This batter can be baked in little cups wet with cream. They will bake in an hour.

OHIO PUDDING. (*Delicious.*)

One fourth of baked and mashed sweet potato, one fourth of well strained squash or carrot, two fourths of finely grated bread, one quart of milk or cream, four table-spoonfuls of brown sugar, four eggs, flavoring to the taste, a tea-

spoonful of salt. Bake three hours in a moderate oven, and eat it with cold sauce, or when it is partially cooled, sift loaf sugar over it.

COLD PUDDING SAUCE.

Half a pound of fine-powdered sugar, half a pound of butter, beat to a froth with the hand; now beat in a cup of cream. Flavor with grated lemon rind, or a little lemon juice.

HOT PUDDING SAUCE.

Boil half a pint of cream, and turn it upon half a pound of powdered sugar. Boil it once more, and flavor with lemon or peach.

FRUIT SAUCE.

Stew a dozen plums or cherries. Boil a pint of cream, and pour it over a pound of powdered sugar; add the fruit, flavored with lemon or rose water.

SUGAR SAUCE.

Boil a pint of sifted brown sugar; add a cup of *sweet* cream.

A GERMAN SAUCE. APPLE CREAM, FOR PUDDING SAUCE, OR TEA SAUCE.

Beat up six large baked apples deprived of their skin *after* baking, with an egg and a tablespoonful of cream. Beat the white of the egg separately, and pour it upon the top.

CHAPTER VI.

PASTRY.

This is the article of food which is most deleterious to health. It is usually made with butter or lard, — lard making the handsomest pastry, butter the best tasted. But it is hoped that society is ready for reform upon this point. Very good pie-crust can be made with potato and cream, without either butter, saleratus, or soda.

POTATO PIE-CRUST.

Put a teacupful of rich, sweet cream, to six good sized potatoes, after they have been well boiled, (see BOILED POTATOES,) and mashed fine. Add salt to the taste, and flour enough to enable you to roll out the crust. Handle it as little as possible. It is better not to put crust at the bottom of a pie if the fruit is very moist, for it will be clammy from the moisture, but let the under crust only cover the rim of the plate. Prick the upper crust to let out the steam, else the syrup will run over. This paste is excellent for apple dumplings, or meat pie, and may be eaten with impunity.

This is the only pastry that a good mother ever ought to put upon her table. Pastry made with lard and butter is sufficiently injurious to the stomach to destroy digestion, by taxing too severely the most healthful stomach of the most healthful child, or even parent. Its effects may not be manifest immediately. Nature's punishments are often slow, though sure. It takes a long time to exhaust all the resources of nature, which will gently treat abuses as accidents for a time, but let the confirmed dyspeptic review his early life, and ask himself the question honestly, "has my food always been innocent?" before he complains.

Too much cannot be said upon this subject. If one cannot procure cream for pastry, make puddings of bread and fruit, as directed in another part of this Manual. Bread, well saturated with the juice of stewed fruit, is as savory to a healthy palate as rich pastry, and may be eaten with the addition of cold butter, if no cream can be obtained. In this connection, we would recommend a *cow* as the most valuable possession for a family of children. It would be better to have a less expensive carpet, or chimney ornaments, or even bonnet and cloak, and have a friendly cow in the shed or barn.

We give no receipt for minced pies, except for

APPLE MINCED PIES.

Chop twelve apples, beat up six eggs, add half a pint of cream, with sugar, raisins, currants, or citron, to the taste, and a glass of good wine, or a little spice for flavoring. If any one thinks these pies will be improved by a portion of chopped meat, it can be added. For such a pie, or for any pie that has moist contents, it is better to bake the under-crust first, and then put in the contents and cover the top with a thin paste which will soon bake.

If Hecker's prepared flour can be procured, pastry can be made of it with the addition of cream without the potato. It may be mixed even with water and be palatable, but can hardly be called pastry in that case.

CHERRY PIES.

The common red cherry makes the best pies. Five spoonfuls of sugar to every pie baked in a deep dish.

Unripe fruit should never be used even in cooking.

Any kind of *ripe* fruit is good for pies.

RHUBARB TARTS.

Peel the rhubarb, cut it into inch pieces, wrap them in a cloth to absorb some of the juice.

Stew them gently in their own juice; cover them closely, and when they are softened a little, add sugar to the taste. Do not let them stew long enough to be broken. Bake the pie-crust before you put in the rhubarb. Lemon is the proper flavoring for this plant. These tarts need no upper-crust, but merely a rim and strips laid across tastefully.

CRANBERRY TARTS.

Like the above.

APPLE PIES.

These may be made with stewed apple, with the addition of rich cream and an egg, and such flavoring as suits the taste, grated lemon, lemon juice, mace, or orange peel.

They may also be made with raw apple, sliced very fine. After they are partly baked, lift the upper crust a little, and pour in rich cream, beaten with an egg, and sweetened and flavored to the taste. Bake from an hour and a half to two hours.

PAN-DOWDY.

Fill a dish with stewed apples, sweetened and flavored. Cover it with a good paste of dough that has been mixed with milk; when this is baked nearly enough, take it off and break it into the apple and replace it in the oven. If the

whole has become somewhat dry, pour over it a teacup of rich cream.

DRIED APPLE PIE OR DRIED PEACH PIE.

When dried fruit is used, it must be soaked over night in cold water, then stewed in the same. If the peaches are whole, do not stone them. The stones of fruit contain a fine flavor, which adds very much to the taste of the pie. When the pastry is closed around the edges of a pie containing stewed fruit, wet the edges with cold water carefully around the *whole* circumference, and prick the top, to prevent the escape of the syrup. Free-stone peaches do not require such long cooking as cling-stones.

Dried fruit is very unwholesome unless well soaked.

CREAM PIE.

Boil and sweeten the cream, flavor it with grated lemon, bake the pastry first, and then pour it in and bake it till of suitable consistency. This makes a delicious pie.

CHICKEN PIE.

Put the chickens into boiling water for fifteen or twenty minutes, having only as much water in the kettle as will barely cover them. Cut them up carefully in a dish and remove the skin, if it is very thick. Put it into a deep dish cov-

ered with paste already baked, in layers, mixing in the chopped hearts and livers, and sprinkling each layer with flour and salt and a little mace. When you have filled the dish, pour over it as much of the liquor, in which the chickens were boiled, as the dish will hold. Wet the edges of the pastry with water, lay on the top crust, close it carefully at the edges, prick it well, and bake it till the top crust is done. The crust for a chicken pie should be thicker than that for a fruit pie. Rich cream added to the liquor will improve it.

SQUASH OR PUMPKIN PIE. (*Squash is the nicest.*)

Steam the squash, strain it carefully through a sieve, add two, four, or six eggs, according to convenience, to eight table-spoonfuls of squash, one quart of boiled new milk or cream, a glass of wine, a lemon, (the rind being grated,) and sugar, salt, and mace, to the taste. This pie needs only an under-crust and an edge.

OYSTER PIE.

Line the pans or plates with paste, and bake it. Take a quart of oysters and put the juice into a saucepan with half a teaspoonful of mace, a glass of wine, the juice of a lemon, and when this is scalded, pour in a cup of cream thickened with a little flour. Add the oysters now and let them come to one scald, and lay them directly

into the already prepared dishes. If you wish for an upper-crust, let it be baked separately on thin tin sheets and laid upon the oysters when they are put into the dish.

These pies will be very good without the wine or any flavoring, but a little salt.

SCOLLOPED OYSTERS.

Take out of the liquor two quarts of oysters, grate a loaf of bread, or eight soft crackers. Wet the pie dish with cream, sprinkle a thick layer of crumbs, and put on them a layer of oysters seasoned to the taste; pour over them a little rich cream, add another layer of crumbs and oysters, and thus alternately till the dish is filled. Turn over the whole as much oyster liquor as will fill the dish, and let it brown twenty or thirty minutes in the oven.

LEMON PIE.

The rind of two lemons grated, the pulp chopped fine, after the white skin is removed, eight table-spoonfuls of sugar, two eggs well-beaten, and the whole stirred together. Line a plate with very thin paste, and put in a thick layer of the lemon. Cover this with another thin crust, and fill up the dish with the lemon. Cover it with a thin layer of paste, and bake it from fifteen to twenty minutes.

ORANGE PIE.

This should be made as above, with much less sugar.

CORN PIE.

To twelve ears of green corn grated, add half a pint of rich cream, two eggs, salt to the taste, a little mace, and a picked lobster. Stir all together, and bake it with or without thin paste.

SHRIMP PIE.

To a plate of lobster cut up, add a slice of bread, previously soaked in tomato juice, a glass of wine, some grated nutmeg or mace, a little salt, and a cup of rich cream. Stir and bake till brown.

RICE PIE.

To a pint of rice boiled soft, add a pint of rich cream, two eggs, salt, and a little mace. Let these ingredients be well mixed, spread half the quantity in a deep baking dish, lay pieces of chicken upon it, and cover them with the remainder of the rice, and bake it in a hot oven.

CHARLOTTE A LA POMME.

Cut stale bread into thin slices, dip them in rich cream, place them round a dish or bowl, and fill it up with preserved or stewed apples. Season with grated lemon peel or cinnamon, lay

some thinner pieces of bread soaked in cream, over the top, and brush them with a feather dipped in egg. Bake it till slightly brown.

CUSTARD PIE.

Eight eggs to a quart of rich, boiled cream or milk, (less egg will do very well,) seasoned with lemon or cinnamon, and a little salt. Line plates with good paste, and set them in the oven a few minutes to harden; then pour in the custard and bake twenty minutes.

CHAPTER VII.

CAKES; EDGINGS; ETC.

SPONGE CAKE.

This cake, if made right, is the least injurious of any form of cake, because it contains no butter. But it is very difficult to make it good. Eggs must be perfectly fresh, in the first place. They should be kept in cold water the night previous, and the whites should be beaten in a cool place, separately, and to a thick froth, with a cork stuck cross-wise upon a fork, and without stopping once. The sugar should be added to the whites after they are so beaten, and then the yolks, after being thoroughly beaten. This order is very important, and care should be taken that no portion of yolk should be mixed with the whites. It should also be done quickly, each ingredient being well prepared previously. Some persons stir the sugar into the yolks, but this is not so surely successful. Others add the whites to the yolks after both are thoroughly beaten, and then mix the flour and sugar, and stir them

in. This is better than putting sugar and yolks together, but hardly as sure as to put sugar and whites together. A little rich cream, added to the above ingredients, will keep it moist longer, but too much will make it heavy.

Various proportions of egg, flour, and sugar are used.

PROVIDENCE SPONGE CAKE.

The weight of ten eggs in sugar, of six in flour, and a little salt.

NEW YORK SPONGE CAKE.

One pound of flour, one and a half of sugar, fifteen eggs, the rind of two lemons grated, and the juice of one, and a little salt.

BOSTON SPONGE CAKE.

Three quarters of a pound of flour, one and a quarter of sugar, twelve eggs, one lemon, juice and rind, a little salt.

OHIO SPONGE CAKE.

A pound of sugar, a pound of flour, twelve eggs, two table-spoonfuls of cream, the grated rind and juice of a lemon, and a little salt.

Flour must not be beaten into sponge cake, but gently mixed and baked *immediately* by a quick fire. If all is right, the cake will rise lightly in five minutes, and be baked in fifteen.

GROUND RICE SPONGE CAKE.

The weight of nine eggs in sugar, and of six in ground rice; lemon and salt as above. This will require longer baking.

CUP-CAKE.

Three cups of the richest cream, five of flour, five eggs, a little salt, and a lemon, or wine. Currants may be added to this if desired.

FROSTING.

Five pounds of finest sifted loaf sugar to five whites of eggs. It will require two hours to beat this to make it stay where it is put. After the cake is baked, lay it on the loaves and return it to the oven till the outside is hardened. Flavor it with lemon or rose water.

LEMON CAKE.

To eight eggs and a pint of very rich cream, put a pound of flour, and a pound of sugar, the rind of two lemons, and half the juice of one. Bake it quickly.

KISS CAKES.

Five pounds of sifted loaf sugar to five whites of eggs, beaten two hours in a cool place. Flavor with lemon or rose water. Drop a few drops of water upon a sheet of paper laid upon a shallow tin, and drop the mixture upon the

wet spot. Bake in a moderate oven to a pale brown or cream color, probably fifteen minutes.

One egg and one pound of sugar will make a great many.

SNOW-CAKE.

One pound of flour, one of crushed sugar, half a pound of rich cream, the whites of sixteen eggs, beaten two hours.

COCOA-NUT CAKE.

One grated cocoa-nut, half the weight in sugar, the white of an egg, beaten to a stiff froth, mixed thoroughly and dropped on white paper, laid upon tin sheets.

SOFT SUGAR GINGERBREAD.

A quart of rich cream, three pounds of flour, two of sugar, (white is the best,) half a tea-cup of ginger, or the juice and rind of a fresh lemon. This will keep a long time, and when it becomes dry, it can be renewed by being heated to the boiling point in a covered tin, like any other cake. If brown sugar is used, it should be sifted and heated very hot.

ANOTHER.

Five and a half cups of flour, two of molasses, two of sweet cream, and two teaspoonfuls of ginger.

SHAKESPEARE CAKE.

Six cups of flour, one of sugar, one of rich cream, eight eggs, and a nutmeg.

AUNT HANNAH CAKE.

Half a pint of molasses, three cups of rich cream, fifteen table-spoonfuls of flour, two of ginger, three eggs, and a little grated orange peel. Bake half an hour in tin pans.

ALMOND CAKE.

Half a pound of blanched almonds, pounded in a mortar with a little rose-water; sift and warm half a pound of flour; warm a pound of sugar, and break nine eggs into it, leaving out seven of the whites; beat it an hour, and then put in the flour and almonds, and stir all together; bake an hour in a pan or box, lined with buttered paper. These may be baked in drops.

COCOA-NUT DROPS.

Beat the white of one egg to a froth, flavor it with rose-water or lemon, stir in a pound of sifted sugar, add a cocoa-nut grated, and mix all together with the hand; roll them up in small balls, and bake them in a quick oven till they are brown, on wet paper laid upon tin sheets.

CREAM CAKES.

One pound of flour, half a pint of rich cream; pour one pint of boiling water upon the cream, and put it over the fire; as soon as it begins to boil, stir in the flour; when it is cool, add nine well-beaten eggs.

To make custards for them, take a pint of rich cream, three well-beaten eggs, and a little flour; sweeten and flavor it according to taste, and put it on the fire to boil. Drop the crust on tins, and bake fifteen minutes in a quick oven, then open them at the sides and fill them with custard. Cream cakes look better if the crust is rubbed over with the white of an egg before it is baked.

LEMON CAKE.

Beat to a foam three cups of sugar, and two of rich cream; add the yolks of three well-beaten eggs, the juice and grated peel of a lemon, and the whites of five eggs. Add to these four cups of flour as lightly as possible. Bake half an hour.

MACAROONS.

Four ounces of blanched almonds, beaten with four spoonfuls of rose water, or orange water, or lemon juice. Beat the whites of four eggs to a high froth; mix a pound of sugar with the almonds, and stir all together. Bake it on

a sheet of white paper laid upon tins, in any shape that suits the fancy.

SUGAR DROPS.

Beat separately the whites and yolks of four eggs. Pour two teaspoonfuls of water to the yolks, and then beat them into the frothed whites; by degrees add a pound of finely sifted sugar, and four ounces of very nicely sifted flour, beating the whole constantly. Drop them on white paper on tin sheets, sift sugar over them to prevent them from running, and bake in a moderate oven for ten minutes.

BATTER CAKE.

To half pint of rich cream, add two well-beaten eggs, a teaspoonful of salt, flavor to the taste, and stir in sifted flour till the batter is smooth and thick. Bake on a soap-stone griddle.

EDGING FOR DISHES.

Two tea-cups of rice, boiled for half an hour, and seasoned with cream and salt. Lay it neatly around a dish three or four inches high, brush it over with the yolk of an egg, and brown it in the oven. When it is properly browned, turn the hash into the dish.

This makes a very good crust for a meat pie.

POTATO EDGING.

Boil a dozen good potatoes and mash them well. Add half a pint of rich cream and a little salt. (The quantity of cream must depend upon the quantity of potato; — it must not be made too soft.) Form it into an edging as before, and it will make even a nicer garnishing than the rice. It is good also for a meat pie.

If you wish to edge a dish containing tongue, place it in lumps with a spoon, and stick parsley into each lump.

FOR VEAL.

Slices of lemon or grated horse-radish for edging.

FOR CORNED BEEF.

Beets and carrots for an edging.

FOR BOILED MUTTON.

Capers and parsley, with drawn cream, prepared thus: Rub into a teacup of rich cream half a table-spoonful of flour or corn-starch; pour upon it a teacup of boiling water. Or, brown some flour in a spider, taking care that it does not burn, and strain the juice of the meat upon it while hot. Add cream while it still boils, and a little salt, and let it boil up once more. Some will like a flavoring of tomato in

this gravy, and a little burnt brown sugar. This gravy is perfectly harmless.

FOR ROAST MUTTON, AND ALL WILD MEATS,

Currant jelly is appropriate.

CELERY SAUCE.

Chop up two or three heads of celery, put them into three pints of cold water, and a little salt. Boil them two hours. Mix a teacup of cream and a table-spoonful of flour, and let it boil up again.

BREAD SAUCE.

Boil a large slice of stale bread, grated, in a cup of cream, with a little mace and salt; when about half done, add a glass of wine.*

FISH SAUCE.

Half a pint of cream, (new milk will answer,) two well-beaten eggs, salt, and the juice of half a lemon. Put it over the fire and stir it till it thickens. Serve in a butter-boat.

LOBSTER SAUCE FOR FISH.

Cut up all the soft parts of a lobster very fine, and put it into a saucepan with half a pint of cream, thickened with two or three table-spoon-

* The *alcohol* boils at a lower temperature than water, and will, therefore, be dissipated in the process of cooking.

fuls of flour. Add salt and a little vinegar, and pepper if desired, but pepper is a condiment that some people cannot bear, and is easily added by the individual who desires it.

APPLE SAUCE,

For roast or boiled goose. Put a quarter of a pound of sugar into a pint of water; let it boil ten minutes; peel, core, and quarter as many apples as the syrup will cover. Simmer slowly till they are tender. If taken up carefully, the apples will be transparent and unbroken.

CRANBERRY SAUCE,

For roast beef and poultry. Put the cranberries into as little water as will cover them. Boil them half an hour, then stir and sweeten them, and cover them tightly. Let them simmer fifteen minutes thus, and then fifteen minutes uncovered.

MINT SAUCE,

For hot or cold roast lamb. Wash the mint, mince the leaves very fine, and mix them with vinegar and sugar.

CURRIE SAUCE.

Mix currie powder with rich cream, and if desired, add a little vinegar.

GRAVY FOR BEEF.

Pour the juice of the dripping pan into a saucepan, containing a little boiling water. Set it in the air to cool, and then take off the surface, which will be a layer of fat. Strain the remainder upon a cup of cream, thickened with a table-spoonful of flour. Add salt to the taste, and let it boil once. A well-beaten egg will also improve it. Gravies should always be strained. What runs from the meat, after it is cooked, is a purer juice.

CHAPTER VIII.

SWEET DISHES.

ICE-CREAM.

Strain the juice of a dozen lemons upon as much crushed sugar as will absorb it; stir into this very gradually and steadily three quarts of cream.

If you have a proper freezer, the process of freezing will be very easy; but if not, put the cream into a tin pail, and set it into a larger one, or into a small tub, filled closely with coarse salt and lumps of ice. When the cream begins to freeze around the edge, stir it well, and shake the pail until it is all frozen.

ANOTHER MODE.

Add a pound of loaf sugar, half a teaspoonful of arrow-root, wet in a little milk, to a quart of new milk, while boiling. After it has boiled up again, add a quart of cream, mixed with three well-beaten eggs. It should not boil up again,

but when it scalds, strain it and set it to cool. Then add your flavor of lemon or rose water, and put it into the freezer.

STRAWBERRY, OR RASPBERRY CREAM.

To a quart of cream, add a pint of bruised raspberries or strawberries, and two heaping spoonfuls of powdered sugar. Strain the whole through a sieve, and freeze it.

CURRANT ICE CREAM.

A gill of fresh currant juice, sweetened and stirred into half a pint of cream; or half a tea-cup of currant jelly, and the juice of a lemon, added to half a pint of cream.

CUSTARD ICE CREAM.

Cold soft custard, flavored with lemon juice, or the juice of bruised raspberries or strawberries, stirred briskly that it may not curdle, may be frozen; or a spoonful of arrow-root, boiled in a quart of seasoned milk, with the addition of a well-beaten egg, will make a very good ice cream.

LEMON ICE.

Sweeten the juice of half a dozen squeezed lemons, and add a third as much water; strain and freeze it.

SOFT CUSTARDS.

These may be made very rich if desired. A pint of milk and a pint of cream, eight eggs, and a third of a pound of sugar, will make them very rich. Six eggs and two spoonfuls of powdered sugar will make very good custard with the same quantity of milk. The stirring must be continued till they are done. This may be facilitated by boiling the milk, (containing a stick of cinnamon or peach leaves,) in a saucepan, and then turning it into a pitcher that has been gradually heated in a kettle of boiling water. At the boiling point, turn the milk into the pitcher, put in the sugar, then stir in the well-beaten eggs. Stir the whole *one way*, with a steady motion, and the moment you feel it thicken take it out of the kettle and turn it into the cups, or into a cold pitcher, that it may not harden. This is much more digestible than hard boiled custard.

CHOCOLATE CUSTARD.

Add to the above a quarter of pound of chocolate, dissolved in boiling water.

FRENCH CUSTARD.

Put a quart of milk, flavored and sweetened, into a flat saucepan to boil. Beat to a perfect froth the whites of eight eggs. When the milk boils, lay on the egg by spoonfuls, and let it

harden a little. Then skim it off upon a dish. When the whites are cooled, beat up the yolks and stir them into the milk, until it thickens. Turn this over the whites, and ornament it with jelly or marmalade.

ALMOND CUSTARD.

Blanch and pound fine a quarter of a pound of almonds and boil them in a quart of milk, sweetened to the taste. Beat and strain eight eggs, and turn the boiling mixture upon them, stirring them till it thickens. Boil in a pitcher set into a kettle of boiling water, like other soft custards.

To blanch almonds, pour boiling water over them, and in a few minutes rub off the skins, and throw them into cold water.

WHIPS.

A pound of sugar, the juice of six lemons, mixed with a quart of rich cream, and whipped to a strong froth. Serve in glasses. If a pine-apple be cut in thin slices, sprinkled with sugar, and allowed to stand all night, and strained into the sugar through a sieve in the morning, it will add very much to the goodness of the whip.

TRIFLE.

Cut stale cake into thin slices, lay them in a

deep dish, turn on a tumbler of white wine, and when the cake has absorbed the wine, grate the rind of a lemon over it, pour on soft custard, and surmount the whole with whip as high as possible.

Preserved fruit laid over the cake, and surmounted with a lofty whip, will make a very handsome dish.

FRESH FRUIT TRIFLE.

Stew gooseberries or apples, or bruise raspberries or strawberries, lay them upon soft custard or upon cake dipped in cream, and cover it with whip.

TO MAKE WHIPS FOR GARNISHING.

Sweeten rich cream and flavor it to the taste. Put it into a shallow dish and lay it on ice, and when it is very cold, move it very quickly with the whip syringe till the froth rises. Drain it upon a sieve to dry it.

A spoonful of jam or jelly in the bottom of a glass, covered with whip, is a tasteful dish for a dessert, or for an evening party.

If you wish to color the whip, a few spoonfuls of fruit juice will do it.

KISS FROTH.

Beat the white of an egg to a strong froth, sift on a very little sugar, and set it in the oven to

brown slightly. It makes a very pretty garnishing for sweet dishes.

FLAVORINGS.

A quart of raspberries or strawberries, will flavor a gallon of cream.

Three table-spoonfuls of peach water, ditto.

A common sized pine-apple, sliced, sugared, and strained, after standing all night, ditto.

Rub lumps of sugar over the outside of three good lemons, squeeze them, strain the juice, and add as much sugar as will absorb it, to flavor one gallon of cream.

One bean of vanilla, simmered for two or three hours in half a pint of milk, ditto.

IMPERIAL CREAM.

Boil a quart of cream with the thin rind of a lemon. Stir it till nearly cold. Strain the juice of three lemons upon a third of a pound of sugar, and pour the cream upon it from a height, stirring the mixture all the while. Let it stand six hours, and eat it with sweetmeats.

APPLE CREAM.

Bake a dozen apples; take off the skins when done, and take out the cores and seeds; add a little sugar, and beat up two eggs, yolk and white separately. Beat the yolk in vigorously for half an hour, and spread the white over the top, and sift on a little white sugar.

FLOATING ISLAND.

Beat together half a teacupful of currant jelly, or sweetened currant juice, with the juice of two lemons, and the whites of two eggs. Beat to a stiff froth, put it into the centre of a dish, and dress it with sweetmeats.

ANOTHER, SIMPLER FLOATING ISLAND.

Warm a quart of new milk or cream, till it is lukewarm, add a table-spoonful of rennet wine, and when it turns to a curd, have ready a whip to turn over it. Eat it immediately. This dish is good without the whip. The milk may also be flavored to the taste, and it may be eaten with sugar and cream, or with imperial cream. When the curd has turned to so hard a substance that it is no longer digestible, the whey is a very healthful beverage.

ORGEAT.

Boil two quarts of milk, flavored to the taste. When it is cooling, stir it often, to prevent the cream from rising to the top. Pound four ounces of blanched almonds and mix them with the milk. Sweeten, boil, and strain it into cups.

A CHARLOTTE ROUSSA.

Dissolve half an ounce of Russian isinglass in nearly half a pint of milk, flavored to the taste. Let it simmer. Beat the yolks of four

eggs with three ounces of fine sugar, a pint of thick cream, and a tumbler of white wine. Strain the milk while lukewarm into this mixture. Add the whites, already beaten to a thick foam, and a pint of cream, and after beating the whole quickly, pour it into a mould lined with thin slices of sponge cake that have been dipped in the white of an egg.

ISINGLASS BLANC-MANGE.

Soak an ounce and a half of calf's foot isinglass, that has been well washed, in a quart of milk. Let it stand all night. In the morning, add flavoring, and boil it slowly for half an hour. Strain it upon a teacup of white sugar. Add two or three beaten eggs while it is hot. Set it away in a mould for a night, for it takes a long time to cool.

CARAGEEN MOSS BLANC-MANGE.

Put a large coffee-cup of clean moss into a dish and pour boiling water upon it. Let it stand ten minutes; wash it again and rinse it in cold water. Let it boil ten minutes in three quarts of milk, seasoned and sweetened; strain it into moulds.

CALF'S FOOT JELLY.

Cover four large feet with cold water, and let them soak two hours. When well soaked, add

six quarts of water and let them boil six hours, or until they have boiled down to three quarts, if not less. Strain through a sieve while hot. Let it stand all night, and then take off the fat which will be on the top of the mass. Turn the jelly into another dish, and take off the sediment from the bottom. Add a pound of loaf sugar, a pint and a half of old Madeira, (a teacupful of brandy if the jelly is to be kept long,) three sliced lemons, deprived of their seeds, and the whites of six eggs beaten to a foam. Stir this altogether in a preserving kettle; after it becomes warm, throw in the egg shells, stir it continually, and let it boil twenty minutes; after so much boiling, place it where it will keep hot without boiling, turn in a cup of cold water and let it stand a quarter of an hour or twenty minutes. Turn a four-legged stool up-side-down, and tie a square flannel by its corners to each leg. Into the bag thus formed, pour the hot jelly through a thin towel. If it is not too thick it will strain as clear as amber, but if too thick, turn it back into the kettle, pour in another cup of cold water, and the whites of two eggs; strain it again. It may be put into moulds when hot, but if it is to be put into glasses, it will be clearer if allowed to drop through the flannel bag into the glasses, drop by drop, and to do this, it must stand in a warm place if the weather is cold.

Two shins of veal well soaked in cold water, two or three hours, or four pigs' feet well cleansed, will make very nearly the same quantity of jelly.

BLANC-MANGE OF COOPER'S ISINGLASS.

Two ounces of Cooper's isinglass will thicken three pints of milk; let it boil five minutes, and strain it through a sieve. This is not so good as Russian isinglass or calf's foot.

JELLY OF COOPER'S ISINGLASS.

Let two ounces stand fifteen minutes in a pint of cold water; wash it, and boil it five minutes in three pints of water, a pint of wine, three lemons grated and squeezed, a pound of sugar, and the whites and shells of five eggs. Strain it through a jelly-bag like calf's foot jelly.

CORN-STARCH BLANC-MANGE.

To a quart of flavored milk or cream, add, while boiling, five spoonfuls of corn-starch; mix it with part of the milk while cold, and turn it in while the rest of the milk is boiling. Let it boil up once, stirring it briskly the while. Turn it immediately into a mould, or a bowl that has been rinsed in cold water. Eat with sugar and cream.

ITALIAN CREAM.

Sweeten three pints of cream or new milk, flavor it to the taste, add a paper of gelatine, and boil it thoroughly. Stirring it all the time, add the yolks of eight eggs, well beaten, strain it into moulds, and place it upon the ice for a few hours. Eat it with sugar and cream.

CALF'S FOOT BLANC-MANGE.

One quart of the stock, prepared as for jelly, one pint of cream, flavored to the taste, and half a pound of sugar. Let it boil up once, and strain it into the moulds through a gauze sieve. Cool it upon ice or in cold water.

RUSSIAN ISINGLASS BLANC-MANGE.

An ounce of isinglass soaked six hours in warm water, will thicken three pints of milk or cream, sweetened with half a pound of loaf sugar, flavored to the taste. It must not quite come to a boil. Strain it.

FARINA BLANC-MANGE.

Boil a quart of milk or cream, flavored and slightly salted; when it boils, sift in slowly four spoonfuls of the farina. Let the milk stand in a kettle of boiling water, and let the whole now remain over the fire an hour, otherwise it will taste uncooked. Pour it into a mould rinsed in cold water. Eat with sugar and cream.

TO CLARIFY SUGAR.

Put half a pint of water to every pound of sugar. Stir in the white of an egg for every five pounds of sugar, and let it boil; when it rises, put in half a teacup of water and let it boil again, and repeat this process two or three times. Set the kettle aside for fifteen minutes, then take the scum from the top. Pour off tne syrup; wash the kettle, and put in the fruit you wish to preserve.

PRESERVED PEACHES.

Pare the peaches and put a pound of sugar to a pound of peaches. Let them stand one day, then pour off the syrup and clarify it as above, and boil the peaches in it till they are tender. Put the peaches in a jar without breaking them, and when the syrup is cold, pour it over them. The cleave-stones are the most convenient, but the yellow cling-stones are the handsomest.

TO PRESERVE QUINCES.

A pound of sugar to a pound of fruit. Boil the quinces till tender, then remove the skins, and save them for jelly. Some people pare the quinces and quarter them, and save the uncooked skins and cores for jelly. The skins and cores contain the richest flavor and the most gelatine in both peaches and apples. A less expensive preserve is to take apples and quinces, half and

half. The flavor of the quince will entirely penetrate the apple. The syrup, which should be made of two gills of the water in which the quinces were boiled to a pound of sugar, will be sufficient for both apples and quinces.

QUINCE MARMALADE.

Pare, core, and boil the quinces till they are very soft, mash them with a spoon, then put a pound of brown sugar to a pound of the quince, and boil it slowly for an hour, stirring it. This may also be mixed with apple.

ANOTHER MARMALADE.

Grate the uncooked quince, after it is pared, and mix with it powdered white sugar, pound for pound. Pack it in jars, and cover it with a brandied paper and a tight cover. It will keep all winter. This may also be cooked.

QUINCE JELLY.

Squeeze the skins and cores of the quinces with Davis' Fruit Presser, and strain the juice into some of the water in which you have boiled your quinces. A pint of water to a pound of loaf sugar is the common measure, but much less sugar will answer. The jelly must not boil more than fifteen or twenty minutes, else the color will be spoiled. (Drop a little of the jelly into cold water, and if it falls to the bottom in a lump, it is done.)

APPLE JELLY.

In a family where apples are used freely, apple jelly may be made once a week. Save all the apple parings, cores and seeds, in a jar, after rincing them quickly in cold water, in order to have the satisfaction of knowing that they are clean. Squeeze them, when boiled, with Davis' Fruit Presser, which will effectually extract the juice, but add a quarter of a pound of sugar, (more if desired,) to every quart of the extract, and boil it down again. Strain through a fine gauze sieve or through a jelly bag that has been rung out in hot water. This jelly can be flavored with grated lemon or juice.

ANOTHER.

Boil a peck of nicely washed fresh *wine* apples in a large boiler till perfectly soft. Mash them well, and add half a pound of clarified brown sugar to every pound of the juice strained out from the mass, and boil and strain again through a fine sieve or a jelly bag.

TO PRESERVE CRANBERRIES.

Boil a pound of the fruit very soft in a little water, not allowing it to burn. Then add nearly a pound of sugar and boil it five minutes, closely covered.

CRANBERRY JELLY.

Jelly may be made of cranberries by boiling, straining, and adding a pound of sugar to a pint of juice or pulp.

TO PRESERVE PLUMS.

Boil the fruit gently in the syrup for thirty or forty minutes. Put equal quantities of fruit and sugar. After three or four days, set the jar into a kettle of cold water and let it come to a boil, or put it into a brick oven after the bread is taken out, and leave it there an hour or two. Some plums require a great deal of boiling.

TO PRESERVE CHERRIES.

They are to be boiled even longer than plums, and some persons scald and bury the bottles in the cellar. Large English cherries are the best.

TO PRESERVE PINE-APPLES.

Pine-apple requires an equal weight of loaf sugar. They must be pared nicely, sliced, and covered with the sugar, and left standing a day or night. In the morning, take out the apples and boil the syrup. When it simmers, restore the apple and let it boil fifteen minutes; remove the apple and let the syrup boil longer, and when both are cool, turn the syrup over the apple. White ginger boiled in the syrup is an improvement.

TO PRESERVE TOMATOES.

Take tomatoes that are ripe, but not soft. Skin them in boiling water, weigh them and allow a pound of sugar to a pound of fruit; make the syrup with as little water as possible. Slice a lemon for every four pounds of fruit; throw the slices into the syrup, having carefully removed the seeds. When the syrup is clear, lay in the tomatoes carefully, and boil moderately nearly an hour. A few pieces of white ginger, boiled in the syrup, will improve it.

TOMATO FIGS.

Take smooth tomatoes, and to eight pounds, allow three pounds of sugar. When skinned, put them with the sugar and boil them till they are thoroughly penetrated by it. Take them out, press them flat, and dry them on dishes in the sun. Sprinkle them occasionally with a little sugar. When dry, pack them in boxes, sprinkling each layer with sugar. Boil down the remaining syrup for future use, or use it for preserving tomatoes.

TO PRESERVE PEARS.

Pare them, weigh them, boil them whole, if sound, in a little water, till quite soft. Take them out, and put half a pint of the water to a pound of sugar, and put in a pound of fruit for every pound of sugar; boil them in the syrup

half an hour; lay the pears in a jar, and when the syrup is cool pour it over them. Brown sugar, if clean, answers very well for pears.

TO PRESERVE CITRON MELON.

Cut the melons in strips, rings, or whatever shape you choose, and remove the inside. Lay them in strong salt and water for two or three days. Soak them in fair water, frequently changed for the next twenty-four hours, then in alum-water for an hour, then boil till tender, and lay them back into the alum water. A pound of loaf sugar should be allowed to a pound of fruit, and boil slices of lemon in the syrup, or a piece of white ginger. When the melon is cool, boil it gently for half an hour in the syrup.

Water melon rinds may be preserved in the same way, but neither are fit for use for several months.

TO PRESERVE STRAWBERRIES.

The strawberries must not be too ripe; weigh equal quantities of fruit and sugar, and sprinkle half the sugar over layers of fruit, and let it stand all night. Next day make a syrup of the remainder of the sugar and red currant juice, (not water,) a pint to every three pounds of fruit, and simmer the fruit in this for half an hour. If you add another quarter of a pound of sugar to every pound of fruit, seal and bury the bot-

tles; the strawberries will keep several years, and retain their flavor.

STRAWBERRY JAM.

Three pounds of sugar to two quarts of fruit. Bruise and boil ten minutes, stirring briskly.

GRAPE JAM.

Boil soft and strain through a sieve. Allow a pound of sugar to a pound of pulp. Boil the fruit in the syrup twenty minutes, stirring it frequently.

TOMATO JAM.

Skin and strain the fruit and boil it with sugar, pound for pound. Boil two lemons, rind and pulp, for every pound of tomato.

RASPBERRY JAM.

Pick carefully, for worms. Weigh equal quantities of fruit and sugar, and after boiling till the juice is almost gone, add the sugar, and let it simmer slowly, stirring it steadily.

PINE APPLE JAM.

Grate the pine apples, and put a pound of fruit to three-quarters of a pound of sugar. Boil ten minutes, stirring carefully.

CURRANT JELLY.

A pound of sugar to a pint of juice. Pound,

sift, and heat the sugar hot, then pour it into the boiling juice, which must be strained through a sieve from the skins and seeds. Let it boil only one minute longer. This may be made without boiling the juice or the sugar. Put the glasses in the sun, near a window, for a few days before covering them. All these fruits may be preserved without boiling, by packing them in bottles or jars with equal weights of sugar, and putting in alternate layers of sugar and fruit. The fruit must not be too ripe, and the sugar must be very finely sifted.

Fruits may also be preserved in water without sugar, by putting them into bottles, setting the bottles into a boiler of water and letting them come gradually to a boil. Have melted beeswax and rosin ready in equal quantities, and as soon as the water *begins to boil*, take out the bottles, throw a cloth over them to prevent any draught of air from cooling them off, and cover the cork with the beeswax and rosin as soon as possible. If a piece of bladder, wet in warm water, has been tied over the cork tightly before the bottles were put into the cold water to boil, it will be much better. If a coat of mould forms at the top of the bottle, it will do no harm, but rather be useful, as it will effectually exclude the air.

When the bottles are opened, this mould must

be carefully removed, and the fruit may be stewed with sugar, like fresh fruit.

Fruit is often put into tin cans and sealed with rosin as soon as the water boils in the boiler. This mode of putting up fruit is practised largely at the West.

ARROW-ROOT CREAM.

Put a table-spoonful of arrow-root into a teacup of cold water and let it settle. Pour off the the water and then stir it into a quart of boiling milk or cream, flavored with the grated peel of a lemon. Stir it well till it is cold, that it may not be lumpy. Eat it with preserved or stewed fruit.

CRANBERRY AND RICE JELLY.

Boil, wash and strain the fruit. Mix in as much ground rice as will thicken to a jelly when boiled. Stir gently while boiling, having sweetened to your taste. Put in a mould, and eat with cream.

RICE BLANC-MANGE.

Wash a large teacup of rice in many waters, put it into a saucepan of cold milk, and add two cupfuls of rich cream when it boils. Boil it till it is dry, and pour it into a mould. It will turn out, when cold, in good shape.

It is better to boil it dry in a covered tin pail

that stands in a kettle of salted boiling water, to prevent it from burning.

PINK CREAM.

Squeeze and strain a pint of ripe red currant juice upon half a pound of powdered sugar, flavored with the juice of one lemon. Stir this into a quart of cream, and whisk it till it is quite thick. It may be made with currant jelly. Serve it in jelly glasses.

Raspberry and strawberry cream may be made thus.

WHITE LEMON CREAM.

Boil the peel of the lemon in a quart of cream; strain it and thicken with the yolks of six and the whites of eight eggs well beaten. Sweeten with loaf-sugar; stir it till nearly cold, and put it into glasses.

LEMON OR ORANGE CUSTARD.

Put three ounces of sugar into a deep dish, and strain upon it the juice of four lemons. Boil the grated peel of one lemon and two more ounces of sugar in a quart of cream, and pour it over the lemon peel and sugar. Orange will require less sugar.

CALF'S FOOT BLANC-MANGE.

Put four calf's feet into four quarts of water;

boil it away to one quart, strain it, and set it aside. After it is cool, all the fat should be taken off, and the jelly cut out of the pan *without the sediment.* Add *a quart* of new milk, sweetened to the taste with loaf sugar and flavored with lemon-peel or peach leaves, to the jelly, and boil it ten minutes. Strain it through a fine sieve and stir it till it is cold. Put it into moulds. This is an excellent blanc-mange for the table, eaten with cream, and innocent also for the sick.

ISINGLASS BLANC-MANGE.

Take an ounce and a half of calf's foot isinglass, wash it, and soak it all night in a quart of milk. Flavor it in the morning according to the taste with lemons, peach leaves or rose water, and boil it slowly for half an hour. Strain it upon a teacup of crushed sugar.

IRISH FLUMMERY.

Take the chaff of oatmeal and soak it for twenty-four hours. Squeeze the chaff and strain it through a fine sieve. Let it settle for about four hours, then decant the water and put on clean water, and renew this process two or three times. It will take two or three days to bleach it sufficiently. After it has been soaked in this manner, in several waters, take a quart of the meal and put it into a skillet with fresh water, mak-

ing a thin gruel of it. Boil it two hours. It will be lumpy at first, but must be well stirred, and after a while it will become smooth, and then thicken like corn-starch. Add salt to the taste, and eat it with milk or cream, and sugar, if liked. It is very delicious.

CHAPTER IX.

VEGETABLES.

Vegetables should be gathered early, while the dew is still upon them. After being well washed, such vegetables as do not have too strong a flavor, like cabbage and carrot, should be laid in cold water until they are ready for boiling. Then take them out and boil the same water, and when it is at the boiling point throw in the vegetable.

PEAS OR BEANS

Should be boiled in barely water enough to cover them. Boil peas about half an hour, and when tender, add cream and salt. The Germans crack the pods crosswise, peel off a tough membrane that lines the inside, and which comes off readily, and boil the remainder with the peas. It is even sweeter than the pea itself, and a great addition as well as economy, if carefully freed from the tough membrane. Peas should not be shelled long before boiling, and should not be washed after they are shelled, because the little

point that unites them with the pod, and which contains much of their sweetness, is thereby washed away. Wash the pods before shelling. Shelled beans should be prepared in the same way. Boil these an hour and a half, when fresh. Soak them over night when winter-kept.

ASPARAGUS

Should be planted very deep, and cut as soon as it appears at the surface of the ground. That part which is below the surface is the most tender. The Germans think we waste asparagus sadly by not planting it deep. Boil asparagus in as little water as possible, with salt, half an hour. When it is done, dip toasted bread in the water, lay the asparagus, (which should be tied up for boiling,) upon the bread, add cream and a little flour to the boiling liquid, and turn it over the whole.

If cold asparagus is cut up very fine, and put into a saucepan containing four or five well-beaten eggs, and a little salt, cream and flour, and stirred till it thickens, it will make a very nice dish. Pepper can be added, if desired. Pour it upon toasted bread, in a hot dish.

This is sometimes put inside the crust of a loaf of bread, from which the crumb has been removed. A few sticks reserved to ornament the top of the loaf will improve the looks of the dish.

POTATOES

That are new should be put into boiling water with their skins on, with considerable salt. When the skin cracks they are done enough, and should then be peeled and restored to the hot kettle without water, and covered with a cloth, to allow the water to evaporate from them. It is better that they should be broken, than sent to the table whole and watery. Old potatoes should be peeled and allowed to stand several hours in cold water, then thrown into boiling water, and served as above.

PARSNIPS

That have remained in the ground till March, are very tender. Boil them half an hour. Scrape the outside and split them, and dress them with a little thickened cream and salt, or brown them on the griddle after boiling.

CARROTS

Should be soaked in cold water before boiling. Boil them three quarters of an hour in summer, an hour and a half in winter, in a good deal of *fresh* water. Turn off most of the water when tender. Mash and dress them with cream and flour.

Carrots make excellent puddings in the proportions of one fourth carrot and three fourths grated bread. It is also an excellent flavor for soups.

THE OYSTER PLANT

Should be washed and scraped, and put into boiling water. When tender, dip it in bread crumbs moistened in cream and beaten egg, and brown it on a griddle.

SUMMER SQUASH

Should be boiled whole, in a little bag. Put in boiling water and boil three quarters of an hour. Press it in a tin dish while still in the bag, to press out the water. Dress it with salt and a little thickened milk or cream.

WINTER SQUASH

Must be cut in pieces, but do not remove the yellow fringe, as that is the sweetest part. It is best to steam it, and if it is watery, press it in a cloth. Dress it with salt and thickened milk or cream. Strain it for pies or puddings, through a coarse sieve.

ONIONS

Should be boiled half tender in water, the water be turned off, and then boiled twenty minutes more in hot milk and water. Onions are doubtless very healthful, but not to be eaten in good society.

SPINACH

Should be boiled ten or twelve minutes in a

muslin bag. Use a good deal of water, because it has a strong, bitter taste. Dress it with cream or thickened milk, like parsnips or carrots. Slice hard boiled eggs and lay over it.

GREENS.

When greens, such greens as beet-tops, turnip-tops, mustard-tops, cowslips, dandelions, &c. are sufficiently boiled, they will sink to the bottom of the kettle.

CABBAGE

Should be boiled an hour, and carefully skimmed. It is very nutritive. Dress with cream or thickened milk and a dash of vinegar.

CAULIFLOWERS

Should be soaked an hour or two in cold water, then boiled in milk and water half an hour. If very strong, pour off the water when they are half done, and add fresh water.

BROCCOLI

Should be cooked in the same manner.

GREEN CORN

Should be cut from the cobs, the cobs boiled half an hour, then taken out, and the corn boiled in the same water. Thicken with a little milk or cream, and flour.

TO MAKE SUCCOTASH.

Throw a few shelled beans into the water with the cobs. Boil them an hour, then remove the cobs, and put in the corn. Use as little water as possible, and when it is nearly boiled thicken with a little cream.

CORN OYSTERS

May be made by grating sweet corn into a dish, adding an egg, well beaten, to a pint of the corn, half a gill of cream thickened with a teacup of flour, and a teaspoonful of salt. Mix it well together, and brown spoonfuls on the griddle as if they were oysters.

BEETS

Should be nicely washed, but the fibres and excrescences should not be rubbed off. Boil young beets an hour, but in winter two or three, according to their size. When tender, remove the skin with the fingers, holding the beet under cold water for a moment. Dress them with cream, or merely with salt and vinegar.

EGG PLANT

Should be cut in slices, sprinkled with salt, dipped in eggs and crumbs, and browned on the griddle.

MUSHROOMS

Should be cut in small pieces and boiled for

ten minutes. Thicken a little cream with flour, add salt, let it boil up once again, and serve like stewed oysters. Choose those which have red gills, and cut off that portion of the stalk which grew in the earth. A certain species of poisonous toadstool resembles mushrooms, and must be carefully avoided. Flavor with lemon juice.

SALADS

Should be gathered early, before the dew is off, picked, and laid in cold water, in *ice* if possible. Cut fine and dress with sugar, cream, salt, and vinegar. Another dressing may be made of the yolks of three eggs, boiled twelve minutes, mashed, and mixed with a spoonful of olive oil; add powdered sugar, salt, and vinegar. Garnish the tops with the whites of the eggs cut in rings.

MACARONI

Should be carefully picked over, as there are sometimes insects inside of it. Boil it in cold water slowly for half an hour, then add milk, and boil it a quarter of an hour more. Dress it with grated cheese after it is put into the dish in which it is to be served. Heat a shovel red hot, and brown it by holding it closely over it, or set it into a moderate oven a little while.

TOMATOES.

Should be laid in a dish, scalded with boiling

water, skinned, boiled in their own juice, with a little salt, until tender, then dressed with bread crumbs, a little cream, and sugar.

They may be baked, by being laid into a baking-dish in layers, alternately with bread crumbs, wet in cream, and sprinkled with salt and sugar. Bake an hour.

If tomatoes are thoroughly scalded and put into bottles, tins or jars, boiling hot, covered with paper, and then with a coating of nice beef-tallow, corked and sealed, they will keep a year. Glass is safer than tin, as the latter sometimes contracts verdigris.

TOMATO OMELETTE

May be made by pealing and chopping four tomatoes, beating up six eggs, and mixing with two table-spoonfuls of flour. Stir this altogether and fry on the soapstone griddle.

OYSTER OMELETTE.

Prepare the egg and flour as above, chop a dozen oysters, and stir them into the eggs as above directed.

BAKED BEANS.

Soak over night, parboil in the same water, add salt and cream, and bake two hours.

DROPPED EGGS

Are more tender than eggs cooked in any other mode. Have a pan of boiling water ready, and break the eggs into a cup separately, and drop them into the water, carefully, that the yolk may not break. When the white is sufficiently cooked to be taken out whole, the egg is done enough. Dish them on toasted bread, dipped in hot water, and sprinkle on a little salt.

Eggs roasted half an hour in hot ashes are excellent.

KOL-CANNON.

The potato is deficient in gluten, and therefore not very nutritive. The cabbage is unusually rich in gluten. Boil the two, and the mixture is as healthful and nutritious as wheaten bread. Mash the potatoes and chop the cabbage, add salt and cream, or milk thickened with a little flour. Too much potato or rice renders people pot-bellied, but *kol-cannon* will remedy that effect of a too watery diet. The cream will add the requisite fat, which will correct the too constipating effect of the gluten, of which the cabbage contains thirty parts in a hundred, when the leaf is dried. Cauliflower contains sixty-four per cent., and would make a still more nutritive kol-cannon, which is an Irish dish.*

* See Dr. Johnston's Chemistry of Life.

CHAPTER X.

MEATS.

BEEF. — ROASTING PIECES.

The best is the sirloin; then the first three ribs; if the latter are kept long enough to be tender and then boned, they are nearly as good as the sirloin. The round is the best piece for corning.

The best beef-steak is from the inner part of the sirloin, the next best from the ribs.

When beef is to be kept any length of time, it should be wiped every day. In summer it should be dusted with pepper and salt to keep off the flies. If at all tainted, wash it in cold water, then in strong camomile tea, and salt it again, if not to be used immediately. Roughly pounded charcoal rubbed over it will also remove the taint.

When you choose meat, take that which has a fine grain and *white* fat.

Twenty minutes of time to each pound of meat is the rule for roasting. Experience will determine whether a little more or less time is necessary in a given oven. Put boiling water

into the meat pan, and let the oven be quite hot when it is put in to roast, otherwise it will not be tender. When nearly done, salt, flour, and baste it from dripping-pan; not before.

TO PRESS BEEF.

Take the bones from the brisket, or flank, or the thin part of the ribs. Salt it well, add a little sugar, and sprinkle with a little summer savory, let it lie a week, then stew it in scarcely sufficient water to cover it. When tender, roll it tightly in a cloth, and press it with a heavy weight till cold.

Boil and press a calf's head in the same way.

BOILED BEEF.

The best piece is the *round*, the next best, the *edge-bone*. Put it into boiling water, otherwise it will lose all its juiciness. Ten pounds of beef will require three hours boiling.

BOILED CORN BEEF.

Soak the beef for half an hour in lukewarm water, and then put it into boiling water.

BEEF SOUP.

Cut away the fat, chop the beef fine, put it in an equal weight of cold water, let it stand one or two hours, then let it simmer a long time, and come slowly to a boil. Boil the bones separately

in a little water, and add it afterwards, strained. If the beef is rich, add only salt and vegetables, if liked. Carrot or tomato give a fine flavoring. If it is beef from a shank, mix flour and cream, and pour it in while the soup is boiling. This process will extract more nourishment from meat than any other mode of cooking it. If much soup is made thus, add the thickening and vegetables to only so much as is needed for one dinner, and set the rest away till wanted. It will not keep so well after flour and milk, or cream are added. One shank of beef will make soup enough for five dinners in a family of six persons. Do not strain it from the meat, or if such a mode is required for the sake of gentility, save the meat for hashes. It will be pretty good hashed in gravy, or with cream, but will have lost much of its nutritive property, of course. (See Chapter II.)

BROILED STEAK.

Ten or fifteen minutes is sufficient time for cooking steak, which is best when cut from the inside of the sirloin, or from the ribs. No butter is necessary, if it is cooked upon a soap-stone griddle, rubbed with salt. It will be sufficiently juicy if not cooked too long. Sprinkle salt upon it when it is quite done. Let each one put on butter to suit himself, when it is no longer hot enough to melt it. Cook it rapidly.

MUTTON.

Mutton is best from August till January. Cook it till it is done. It is better after being kept several days. Ffteen or twenty minutes should be allowed to the pound. Baste it with salt and water till nearly done, then add flour to the basting and let it brown. Put paper over the fat parts.

The hind quarter or haunch is best for roasting, but the leg, loin, neck, and breast are also good for roasting.

The leg is good for boiling. Cut off the shank bone and save it for soup. Nine pounds will require three hours of boiling. Wash, but do not soak it. Put it into boiling water. Save the liquor for shank soup. Serve it with caper-sauce and cream.

MUTTON BROTH.

Take the liquor in which the leg was boiled, put in the shank while cold, thicken it with rice, and season with parsley.

A STUFFED LOIN OF MUTTON.

Take off the skin; bone it neatly; stuff the inside where the bones have been removed; roll it up tight; skewer the flap, and tie it down with twine. Put the outside skin over it till nearly roasted, and then remove it that the mutton may brown. Put boiling water into the dripping-pan,

and let the oven be hot; cover with paper. Currant jelly is good with mutton.

MUTTON CHOPS.

Cut chops from the loin or the best end of a neck of mutton; take off the fat, dip them in beaten egg, strew over them grated bread, seasoned with salt and finely mixed parsley; fry them on the soap-stone griddle, well rubbed with salt to prevent burning, or broil them over coals, and lay them in a hot dish.

LAMB

Should be roasted until the gravy that drops is white. The fore-quarter is the best part for a roast. The leg is good boiled or roasted. Two hours will roast the fore-quarter well.

LAMB DRESSED WITH RICE.

Half roast a small fore-quarter, cut it into steaks, season with salt, lay them in a dish, and pour in a little water. Boil a pound of rice with a little mace; strain it, and stir in half a cup of cream, or more, according to the quantity of meat; add the yolks of four eggs well beaten, and a little salt; cover the lamb with the rice, and with a feather put over it a little egg yolk, reserved for the purpose. Bake it in an oven until it is of a light brown color.

VEAL.

The loin is the best part, and requires three hours roasting. Paper the kidney.

Both fillet and shoulder should be stuffed before roasting.

The neck of veal makes fine cutlets. Cook like mutton chops.

When boiled or stewed, veal must be carefully skimmed.

The knuckle is best stewed. Season with sweet herbs.

The knuckle is also good boiled. Serve parsley in thickened cream and flour, well salted for gravy. Save the liquor for veal broth.

VENISON.

This is the most easily digested of all meats. It should be kept for a fortnight after it is killed, to be tender. A haunch of twelve pounds will be well roasted in four hours. Baste it with cream, as it is not fat.

VENISON STEAKS

May be cooked like mutton chops, or like simple beef steaks.

A BEEF PIE.

Cut cold roast beef or steak into thin slices, put a layer of it into a pie-dish, shake over it a little flour and salt; cut up a tomato if you have

one, or if not, an onion; then lay another layer and so on. If you have any beef gravy, put it in, if not, water enough to make a little gravy. Have a dozen potatoes well boiled and mashed, add half a cup of cream and a little salt. Spread it over the pie an inch thick, as a crust. Beat up an egg, and spread it over with a nice feather. Bake it about twenty-five minutes.

BEEF OLIVES.

Take a slice of beef (from the round if possible) of the thickness of an inch; pound it out till it is only half an inch thick; cut it into four inch squares. Make some dressing of chopped beef, bread crumbs, cream, salt, and sweet marjoram; mix it with an egg, and sew it up in the bits of steak in the shape of an olive; lay them in a tin pan with a cup of brown stock, (or water in which meat has been boiled,) and set them in the oven. When half done, bake them with the liquid. Cook them twenty minutes. Put them into a dish; add a little cream and flour to the gravy. While it is boiling, pour on a little boiling water, and if you have it, add a little soy or tomato catsup. Let this boil once and turn it over the olives when you are ready to send them to the table.

TO STUFF A BRISKET OF BEEF.

Make a dressing like that for beef olives, and

put it in between the fat and lean, and sew it up tight; flour a cloth, pin the beef very tightly into it, and boil it five or six hours if it weighs as much as eight pounds, not so long if less. When it is done, take off the cloth, lay it into a dish and press it with a heavy weight until it is cold. Cut it in thin slices and eat it cold.

BEEF BOUILLI.

Put part of a brisket of beef into a saucepan and cover it with cold water. Skim it as it boils; cut up two carrots, two turnips, and if agreeable, an onion, in dice form. Let it simmer three hours. Add a tumbler full of red wine, and a table-spoonful of soy or tomato catsup. Let it simmer another hour. When done, stir in a little flour, milk and egg into the gravy, give it one boil, and turn it into the dish with the meat.

SWEETBREADS.

Dip them in cream, boil them fifteen minutes in water, drop them into cold water for ten minutes; take them out, dredge a little flour upon them, pour on half a pint of hot water with a little mace and salt in it, and brown them twenty minutes in a tin dish in the oven. Dish the sweet breads, pour over them the gravy thickened with cream and flour, and boiled up once. Garnish the dish with sliced lemon and parsley.

TRIPE.

Cut the honey-comb part into square pieces of any size desired, wash it in salt and water, wipe it, dip it in batter or in eggs mixed with crumbs and cream, brown it on the griddle, well rubbed down with salt. Eat it with oyster sauce, or cream sauce and eggs.

TO SALT MEAT.

If for immediate use, rub the pieces with dry salt, lay them in a tub and cover them closely. Turn the pieces every day, and it will be good to eat in a week. It will keep six weeks. This receipt will answer for beef and mutton.

TO PICKLE BEEF.

Four gallons of water to two pounds of brown sugar, and six pounds of salt; boil it twenty minutes, taking off the scum as it rises. The following day pour it over the meat which has been packed into the pickling tub. Pour off, boil, and skim this brine every two months, adding each time three ounces of brown sugar and a pound of common salt. (The meat must be sprinkled with the salt, and the next day wiped dry, before pouring the pickle over it, with which it should always be completely covered. Use fine salt.)

When meats are warmed over, the liquor should be first prepared. It may be soup stock,

or water and milk, salted; then put in the meat, otherwise it loses all its juices and tenderness.

SOUPS.

Vegetable soup. Two turnips, four carrots, four potatoes, one cabbage, one parsnip, parsley or celery; chop them all fine, add a spoonful of rice, and three quarts of water, and boil them three hours. Strain through a cullender, let it all boil up again, and add a pint of milk or cream, thickened with flour.

SPLIT PEA SOUP.

Soak the peas over night, and in the morning add water until there are four quarts to a pound and a half of split peas; boil till they will press through a sieve. Return the soup to the kettle, with the addition of a small piece of corned beef, a head of celery, salt, and a *very little* pepper, (if desired.)

MOCK-TURTLE SOUP.

Scald and clean a calf's head. Boil it with the skin on slowly for an hour, in about a gallon of water. When cold, cut up the meat into pieces an inch square. Stew in cream and water, two pounds of beef and two of veal, with two ounces of green sage, and five onions, (if desired). Add these to the liquor, also the bones of the head, a handful of parsley, a salt-spoon

of mace, the grated rind of a lemon, and simmer all for three or four hours. Strain it, and when cold, remove the fat. Restore it to the clean kettle, add half a pint of Madeira or claret, and thicken with a cup of rich cream, mixed with a table-spoonful of flour. Just before serving, add eight or ten hard boiled eggs and the juice of a lemon. Boil the brains for ten minutes, put them in cold water to cool, chop and mix them with four or five spoonfuls of grated bread, salt, thyme, and two eggs, roll them of the size of an egg, and brown them in the oven, and throw them into the soup.

Very good mock-turtle soup may be made of calf's feet, four feet boiled in two quarts of water, and seasoned as above, all injurious ingredients common in cookery books being left out.

PIGEON SOUP.

Of eight pigeons, cut up two and put them into four quarts of cold water, with the necks, livers and pinions of the rest; when they have simmered and boiled till the substance is extracted, strain out the soup, then restore it to the kettle with a handful of parsley, a handful of spinach, chopped and mixed with a pint of cream, in which a handful of bread crumbs have been boiled. Truss and season the pigeons with salt and a little mace, and boil them in the soup till they are tender.

GUMBO SOUP.

Boil a shin of veal and a chicken in four quarts of water, add the liquor of three quarts of oysters, two carrots, two turnips; shred the chicken and veal when tender; stir in three table-spoonfuls of gumbo, mixed in water or in milk, just before it is all done, and drop in the oysters, but do not let the soup boil after the gumbo and oysters are put in. Salt it to the taste, and add mace if liked.

Soups may be made of almost any materials that are good cooked together, but remember the main principle, which is to lose none of the nutritive properties of such materials, vegetable or animal, by soaking them out in cold water and throwing the water away. Wash everything clean, and then use the water in which the materials lie, for the soup. The longer meat is soaked in cold water the more of its nutritive properties will be extracted, as they dissolve best while the water is cold. Simmer and boil slowly, unless for beef tea, which should be boiled as rapidly as possible, and then strained.

CALF'S HEAD.

Soak it in cold water for an hour, take out the brains, scrape the head, pin it tightly into a floured cloth, and boil it in six quarts of water. Tie the brains up separately in a cloth. Boil the head two hours, then add lights, liver, and

brains, and boil two hours more. The large bones will now come out of the head. Put into a quart of the boiling liquor half the liver chopped fine, the brains mashed with a spoon, a pint of cream, thickened with half a teacup of flour, salt, sweet marjoram, and a little mace, and boil them all together. Then add the juice of two lemons, or two spoonfuls of vinegar. Skin the tongue, divide the liver and head, pour part of the gravy over them, and put the rest in a butter boat. Scraped horse-radish and sliced lemons are the garnishings for this dish.

CALF'S FEET.

Boil four feet in six quarts of water for two hours; take out the large bones, split the feet, lay them into a saucepan; mix half a pint of cream with flour, mace, half a teacupful of wine, the juice of a lemon, and two teacups of the liquor in which the feet were boiled. The rest of the liquor may be used for jelly.

BAKED CALF'S LIVER.

Dip it in cream, and bake it three quarters of an hour, basting it frequently with the cream and water. Boil some macaroni in milk and water, lay it around the dish, and put the liver in the middle. Veal stock is better than water, for boiling calf's head.

SEASONS FOR DIFFERENT KINDS OF MEAT.

Beef, — from January to May. Pack beef in March.

Veal, — from 1st May till June 30th.

Lamb, — 1st of June to 1st of September.

Mutton, — February to May.

CHAPTER XI.

POULTRY.

TO CHOOSE POULTRY.

In a young turkey, the toes and bill are soft.

A young goose is plump in the breast, and the fat white and soft. The feet are yellow, the web of the foot thin and tender. Boil it an hour before roasting.

Young ducks are very tender under the wings, and the web of the foot is transparent.

The best fowls have yellow legs; if very old, the feet look stiff and worn.

Pigeons should be quite fresh, the breast plump and fat.

TO PREPARE FOWLS FOR COOKING.

Pick out the pin feathers, take out the gall-bag without breaking, singe the hairs over a quick blaze, wash thoroughly, passing a stream of cold water again and again through the inside; cut off the head, feet, and neck. The liver and gizzard well cleaned and boiled are good for the gravy, which may be thickened with a little cream and flour, well mixed, and poured in when the water is boiling.

A large turkey requires three hours of roasting.

A turkey will not require so much time for boiling. Put it into boiling water.

A fowl will require nearly an hour's time for boiling; an hour and a half for roasting.

Old poultry may be cut up, soaked in cold water, and slowly boiled in the same water for soups.

Quails, woodcocks, snipes, and plover, require fifteen or twenty minutes for roasting.

A chicken will require not quite an hour for roasting; thirty-five minutes for boiling.

Young chickens are best broiled or fricasseed.

TO FRICASSEE A CHICKEN.

Cut it into joints; stew it in milk and water, seasoned with parsley, mace, thyme, lemon peel, and salt. Stew it an hour, and just before serving it, add the yolks of two eggs, beaten up with a teacup of sweet cream, stirring it in gradually, but do not let it boil after the egg and cream are added.

CHICKEN BAKED IN RICE.

Cut the chicken into joints, lay it in a pudding-dish in a pint of veal gravy, with slices of veal, fill up the dish with boiled rice, well pressed, cover it with a paste of flour and water, and bake it one hour in a slow oven. If you have no veal gravy, use milk and water, salt it well, and pour over the rice one or two cups of thick cream.

A GOOSE

Requires two hours to roast. Boil it first.

A GREEN GOOSE

Will require only an hour for roasting.

A DUCK

Requires one hour for roasting.

BOTH DUCKS AND GEESE, IF OLD,

Should be parboiled before roasting.

PIGEONS

Will roast in half an hour. Stew pigeons as chickens are stewed, or fricasseed.

PARTRIDGES

May be roasted like pigeons, but are better stewed, because so dry.

Bread crumbs should be served with partridges and pigeons.

SEASONS FOR DIFFERENT KINDS OF POULTRY.

Wild Birds, — 1st October till December.
Turkey, — December and January.
Chickens, — September and October.
Geese, — October and November.
Green Geese, Ducks, Chickens, — May and June.

CHAPTER XII.

FISH.

BOILED COD.

Soak the head and shoulder an hour in cold water with a handful of salt. Scrape it clean, rub a little salt into the body, flour a cloth, pin the fish up tight, and put it into boiling water; let it boil twenty minutes, or longer if very large. Eat it with oyster sauce or sauce made of eggs, cream, and flour.

BAKED COD.

Make a dressing of bread crumbs, salt, parsley, and egg; fill the body and sew it up. Put a pint of boiling water into the pan and bake half an hour; thicken the liquor with cream, flour, and a little tomato sauce; let it boil up once and turn it over the fish.

HADDOCK.

Add a little white wine to the gravy, and bake like cod.

SMELTS AND PERCH.

Fry them in batter.

SALMON.

Cut salmon into slices half an inch thick, and fry them in batter, or crumbs and egg.

BOILED SALMON.

Do not soak salmon, but wash it clean, rub salt into it, put it in a floured cloth, and put it into boiling water. Let six pounds boil half an hour. Serve it with a sauce of cream and eggs.

BROILED SALMON.

Split it to the tail and broil it very quickly.

BOILED HALIBUT.

The cut next to the tail is the nicest. Rub salt over it, soak it awhile in cold water, wash it, scrape it, pin it in a floured cloth, and put it in boiling water. Eight pounds will require a little more than half an hour's boiling.

FRY HALIBUT

Like salmon.

BROILED HALIBUT.

Broil the nape.

BOILED MACKEREL.

Draw out the inside, put it in a floured cloth, and boil twenty minutes. Broil also.

SALMON TROUT

Should be broiled like salmon.

SALT FISH, OR DUN FISH.

Soak it over night in a large pan of water, wash it in fresh water the next morning, and let it simmer slowly and finally *scald*, but not boil. Remove the skin, and eat it with cream and eggs.

Braid this with milk and eggs, and a little flour, and brown small cakes of it on the griddle for the next day's dinner or breakfast. Potato is good mixed with it for cakes.

CLAMS.

Lay them on the coals or gridiron, so that the shell will retain the liquor. When the shell opens, pour the liquor into a saucepan, cut out the clams and boil them. Add cream and salt, and pour them upon toasted bread.

SEASONS FOR DIFFERENT KINDS OF FISH.

Cod and Haddock, — 1st October to 1st May.
Halibut, — February to July.
Pickerel and Smelts, — all winter.
Mackerel, — May to October.
Salmon, — April to August.
Salmon Trout, — Spring.
Lobster, — April to August.

CHAPTER XIII.

PICKLES.

Pickles should be kept in glass bottles, as glazing is made with poisonous substances, and disastrous effects have sometimes followed their use.

CUCUMBERS.

Wash and drain them in a sieve, but do not break the little prickers on the surface, for it makes them soften; put them in a jar, and pour on boiling vinegar. When you gather more, transfer the first you gathered into another jar with fresh vinegar, in which is a bag of spices, and boil the first vinegar again, and pour it over your second gathering. When you have gathered all you wish to pickle, boil again the same vinegar, and scald the whole with it, and lay them back into the spiced vinegar. Examine them occasionally, and add a little vinegar from time to time.

BUTTERNUTS AND WALNUTS.

Should be gathered about the first of July, at a time when a pin can be easily thrust through the rind. Make a brine that will bear an egg, skim it, and pour it on the nuts. Ten days after drain them, put them into a jar or wooden keg, and pour over them vinegar spiced with cloves, allspice, ginger, mace, and horse-radish, but not till it is cooled after the spices have been boiled in it. Cover them closely and let them stand a year.

MARTINOES.

Keep them in brine ten days, changing it every other day. Take them out of the brine, wipe them, and pour on boiling spiced vinegar. They will be good to eat in a month, and are very delicate.

PEACHES.

They must be ripe, but not soft. Put a clove into each one, opposite the stem. Boil a pound of brown sugar in a gallon of vinegar, skim it, and pour it hot upon the peaches, and cover them closely. Scald the vinegar once more after a week or fortnight.

NASTURTIONS.

Gather the green seeds and throw them into vinegar. Boil the vinegar with salt, and pour it upon them. They need no spice.

MANGOES.

Select small musk melons; cut a piece out of one side of each, take out all the seeds, and fill them with cloves, horse-radish scrapings, peppercorns, and mace. Pour boiling vinegar upon them, with a little salt in it, two or three times, and then put them into fresh vinegar, and cover them closely.

CHERRIES.

Stew them till they are a little tender, then pour on spiced vinegar.

EGGS.

Boil them twelve minutes, throw them into cold water. This will remove the shells. Boil red beets till soft, peel and mash them, and put them into cold vinegar. Add salt, mace, cloves, and pepper, and cover the eggs with the mixture.

TOMATOES.

Put the small round tomatoes into hot brine for a few days, then pour over them cold spiced vinegar, and bottle them closely.

SWEET PICKLES.

Cherries, peaches, raspberries, tomatoes, plums, and crab apples may be made into very delicious sweet pickles, by adding half their

weight of sugar to their full weight of spiced vinegar, when the spices are boiling in it, and pouring it over them while boiling.

POWDERED HERBS.

Two ounces of dried parsley, one each of thyme, summer savory, sweet marjoram, dried lemon peel, all dried thoroughly, powdered fine and mixed together, and bottled. Each is good by itself for soups, &c.

CHAPTER XIV.

MISCELLANEOUS.

RASPBERRY VINEGAR.

Six pints of raspberries to a quart of vinegar. After a few days, mash them and strain them, add two pounds of crushed sugar, boil it half an hour, skim it, and when cold, bottle it.

HONEY VINEGAR.

A pound of honey to a gallon of vinegar, stir it well and set it in the sun.

CURRANT SHRUB.

Boil currant juice for a few minutes with sugar, a pound to a pint. Stir it while cooling, and then bottle it. A table-spoonful in a tumbler of water makes a refreshing beverage.

SARSAPARILLA MEAD.

One ounce of essence of sarsaparilla, one of cream of tartar, one of flour, three of tartaric acid, three pounds of sugar, and three quarts of water.

Strain and bottle it, and in a fortnight it will be good.

LEMON SYRUP.

One pound of sugar to one pint of juice. Strain it through a flannel, wrung out in hot water, and bottle it. It will keep well.

VINEGAR, — THE GERMAN METHOD OF MAKING IT.

"Vinegar," Mr. Youmans says, "is often adulterated with oil of vitriol. To detect it, evaporate a portion of the vinegar in a porcelain vessel; if towards the end of the evaporation, suffocating fumes are given off, and a black, charred residuum is left, sulphuric acid is indicated. Pure vinegar evolves only an agreeable vinegar odor, and leaves a brownish deposit, not charred. Pepper, mustard, and other acrid substances are sometimes added to weak vinegar to give it strength. By saturating a portion of the acid with an alkali, the acrid taste of these substances will become sensible.

"Vinegar, which has been long exposed to the air, and particularly if it is not strong, is subject to a peculiar putrefaction, by which a thick, slimy substance, (vinegar mother,) is produced; also infusoria, (vinegar eels); these may be destroyed and further change arrested by boiling the vinegar.

"If vinegar is too weak, it may be concentrated by freezing it. The watery portion will freeze sooner than the acetic acid, which may be drawn off before the whole mixture is quite frozen."

It is generally a very long process to make vinegar, because the atmospheric air is essential to the process, and in the ordinary mode, the materials are left exposed to the air for many months, by leaving a hole open in the barrel. The Germans make it in thirty-six hours in the following manner:

Perforate a clean cask with a row of small holes, at one fourth of its height. Fill the cask lightly with shavings, already soaked in vinegar. Beech shavings are the best, and they must be soaked in vinegar, because a mixture of pure alcohol and water will not absorb oxygen from the air. Have a tin pan perforated with holes fitted to the top of the barrel, or to a large hole in the barrel head. Let threads be swung through these holes, and pour into the pan proof spirit diluted with four times its weight of water, mixed with a very little honey or yeast. This will trickle down gradually upon the shavings, where a large surface is exposed to the action of the oxygen of the air; rapid absorption takes place, the temperature is raised, and acetic acid is rapidly formed. It may be passed through

the shavings three or four times in thirty-six hours, and is then ready for use.

It may be collected from a bung-hole near the bottom, and the shavings, once saturated, will answer as long as one chooses to use them.

CHAPTER XV.

DIET FOR THE SICK.

A DISTINGUISHED physician remarked that homœopathy has taught the world one truth, that little or no medicine is needed for health.

Regimen and diet are the two great means of restoration as well as of prevention.

I subjoin a few receipts for common complaints. The greater number of complaints may be alleviated, if not cured, by a change of diet.

Bread made of unbolted wheat, or rye, or corn meal; stewed prunes or apples, ripe tomatoes, cooked or uncooked, will prove a good remedy for constipation.

The greatest scourge in our climate is that class of diseases which are called summer complaints. They are chiefly caused by eating unripe fruits, which are pernicious even when cooked. As soon as currants are large enough to be eaten, they are gathered, while perfectly green and hard, and used for sauces, pies, and tarts. Apples and gooseberries are eaten in the same manner. There are very few things more

injurious to the human stomach than a green apple. Fruit in its season is perfectly healthful food, and if eaten when ripe, and at meal times, it would probably never disorder healthy digestive powers, and would often restore dyspeptics to health. In winter, food which contains a larger portion of carbon and hydrogen is required, to produce animal heat, but in summer, vegetables and fruits are the appropriate diet. They contain a large proportion of water, which cools the blood, and exudes through the skin, thus keeping the temperature of the body at a low degree.

But if the natural law is broken, and diarrhœa, and dysentary supervene, the best diet is porridge made with prepared flour, biscotine, rennet whey, mutton broth, &c.

PREPARED FLOUR.

Tie up a pint of flour *very tightly* in a cloth, and put into boiling water. Let it boil three hours. When untied, the gluten of the flour will be found in a mass on the outside of the ball. Remove this, and the inside will prove a dry powder, which is very astringent. Grate this, and wet a portion of it in cold milk. Boil a pint of milk, and when it is at the boiling point, stir in as much of the wet mixture as will thicken it to the quality of palatable porridge. Stir in a little salt, and let this be the sole

article of diet until the disease has disappeared. Relieve it first by toasted bread, or very delicate mutton broth, which latter is also astringent. If the disease has not progressed to the degree of inflammation, this diet will generally preclude all need of medicine.

BISCOTINE.

Press a pint of dry, well-sifted flour, very compactly into a tin pan, and let it slowly bake in a moderate oven till it has become very delicately brown, or dark cream color. It will be very hard, and must be grated for use, and can be used for porridge, like the prepared flour.

MUCILAGE.

Mucilage of boiled sheep's trotters is good for diarrhœa.

ESSENCE OF BEEF.

Strip three pounds of tender beef quite fine, and put it into a corked bottle without water. Place the bottle over a slow fire in a kettle of cold water, and let it come to a boil, and keep on boiling three hours. Decant the juice extracted from the beef, and it will prove a very strengthening, aromatic beverage, which, with the addition of a little salt, will often set well upon a stomach which will bear no other food. It may even be given to infants at the breast,

when they are much reduced by diarrhœa. It may be thickened with biscotine or prepared flour with advantage.

The remedy for dysentery proper is cold water applied externally by sitz-baths, and injections, and drunk freely.

RICE WATER.

Boil rice till it is perfectly dissolved, by adding water continually, strain it from all particles, and it will be a suitable diet for patients recovering from disordered bowels. It is essential that it be free from all particles, which lodge in the intestines and may cause inflammation.

TOAST WATER.

If well toasted bread, toasted to the verge of burning, *yet not burnt*, be soaked in water for the sick, the water that is decanted from it will be freed from all deleterious substances floating in the atmosphere, which are absorbed by the toasted bread.

RENNET WHEY.

Dry rennet carefully. If it is salted, it may be kept even in summer. An inch square of rennet, (well soaked if it has been salted,) will turn a pint of lukewarm milk into whey in a few minutes.

Rennet may be preserved in Madeira wine.

A table-spoonful of a quart of wine in which one rennet has been standing, will turn a quart of lukewarm milk to whey in a few minutes. This is very good food for a weak stomach, if the curd is eaten while very soft, or if the whey alone is taken. But after it has stood an hour, or even half an hour, the curds become too hard to be digestible.

Total abstinence from food for several days is often an excellent remedy for stomach complaints.

WINE WHEY.

Two glasses of wine to a pint of boiling milk; take it from the fire, and after it has stood a few minutes strain it through muslin or a delicate sieve. Sweeten it with loaf sugar. Add hot water if too strong.

OATMEAL GRUEL.

One large spoonful of oatmeal wet in cold water, to one quart of boiling water. Boil gently half an hour, and add salt, sugar, and raisins if allowed, but the latter should not be swallowed by the sick.

GROUND RICE

Prepared in the same way; one teaspoonful to half a pint of boiling water; let it boil up once.

INDIAN MEAL GRUEL

Must be boiled much longer.

PEARL SAGO

Must be soaked in cold water before boiling, and then quite dissolved. Season to the taste.

TAPIOCA

Should be soaked over night and boiled till soft.

ARROW-ROOT

Should be wet in cold water, and boiling water poured upon it. Add lemon juice and sugar.

CREAM TEA.

Four spoonfuls of boiling water to one spoonful of sweet cream, and a little loaf sugar. Delicate for the tenderest infant, but the cream must be *genuine*, not city cream.

CALF'S FEET TEA.

Two calf's feet boiled in a quart of water, a quart of milk, and baked in an oven with the addition of lemon juice. Bake three hours, and remove the fat. Eat with sugar.

FEVER DRAUGHT.

Put a few sprigs of cleanly washed balm, sage, and sorrel into a jar. Slice the *pulp* of a

lemon, grate in a little of the peel, pour upon it all three pints of boiling water and cork it tight for use.

ANOTHER FEVER DRAUGHT.

Boil an ounce and a half of tamarinds, three ounces of currants, two of stoned raisins, in three pints of water. Boil them down one third, and strain them.

PARCHED CORN TEA.

Pound parched corn pretty fine, pour boiling water upon it, let it boil a little, and add sugar and milk if liked. It is good for teething children, and for any weak stomach.

HERB TEAS

Should be taken as soon as made.

Mothers, during the period of pregnancy, should eat less than usual, instead of more, as they often do, and their diet should be a select one. In this way much uncomfortable feeling may be avoided. The diet should avoid lime as much as possible, because it is better for the future development of the child as well as for the present good of the mother, that the bones should not be hard, and should consist of acid fruits and vegetables, and those farinaceous grains that contain the least of that ingredient.

Rice, tapioca, sago, ripe fruits, especially those of an acid nature, ripe vegetables, filtered rain-water, meats, and a moderate use of milk and eggs, are recommended on the chemical and physiological principles, which can only be indicated in a work of this nature.

All indigestion should be carefully guarded against. During the period of nursing, bread-stuffs and milk should be resumed, and all acids, green vegetables, fruits, and wines, should be discontinued. Cordials and porter, which are often taken by mothers and wet-nurses "to make more milk," lay in children the foundations of future punishment. The poor, who are obliged to leave their children, in order to earn bread for their support, and who know nothing of physiology, or that alcohol has a specific effect upon the brain, may be pardoned for giving paregoric and other sleeping potions to their infants to keep them asleep and out of danger, but mothers who know better cannot be pardoned for leaving their children to the care of nurses, who are well known, as a class, to administer sleeping potions to the children entrusted to their care, in order to save themselves trouble. In view of these things, what wonder is there that intemperance pervades society, high as well as low?

Nothing but a knowledge of physiology will ever stem the tide of these abuses. No mother

should consider herself qualified for that office until she has made it a careful study. When education is precisely what it should be, every mother will be a physiologist, and all nurses will be physicians.

A RECEIPT FOR WASHING.

To a quart of soft soap, add a quart of water and two ounces of borax; dissolve by heat, and then allow it to cool. Place the clothes in water over night; in the morning put a pint cup of the above mixture into a kettle holding from eight to ten gallons of cold water. Put it over the fire, let it come to the boiling point, and boil an hour. Wash out of this boiling water and rinse well. Begin each boil in the same manner, putting in the same proportion of the mixture. Remember to put the clothes into the water while it is cold.

LATEST DISCOVERY, — A GERMAN RECEIPT.

To wash colored articles, whether silk, cotton, linen or woollen, without starting any of the colors, grate a few potatoes into cold water, and wash the article with the solution. After being thoroughly wet with the potato, rub on soap and warm water to take out grease. If the article is nice, like merino or satins, strain the potato, and wash with the liquid only. Reserve

a portion for rinsing water, if there are more colors than one. The colors that generally run freely will stand fast, and the starch of the potato will impart the required stiffness to silk or satin.

APPENDIX.

APPENDIX.

[For the benefit of those who would like to know something of French Cookery, I subjoin a few French receipts.]

It has been truly said that the French are a nation of cooks, and I would not be understood to speak disparagingly of them, when I say it has been truly said. They have had the good sense to observe that health, and therefore to a great degree happiness, is dependent upon good cooking, and with their national readiness, they have applied themselves to the task of improving the art. The same objections are found in their cookery as in that of all other peoples. Melted butter, lard, and oil enter largely into it, but their nicety is shown in the specific direction in almost every receipt, to *skim off every particle of the fat*, which I find in the Cookery Books of no other people.

All the deleterious effects of partaking of fatty food are not, however, obviated by this, for a portion of the corrosive acids, which are the product of all fatty matter heated to the boiling point, is preserved and mixed with the food. To remove as much of them as possible, by careful skimming, should not be forgotten in those cases where we cannot wholly separate fatty matter from our cooked meats. If the gravy in a baking pan is set in the cold air for a few minutes, or

turned into a cool dish, the fatty matter will rise and form a cake upon the top, and can then be removed, leaving the proper juices of the meat, which may be thickened with cream and flour, and flavored with lemon or tomato, making an innocent gravy. But if meat is properly cooked, the juices that flow from it, when cut, constitute the most healthful gravy, and all that a healthy appetite would require. Tomato sauce, egg sauce, oyster sauce, may be added for garnishing, and contribute to health and nourishment, as well as to the pleasures of the palate; — legitimate pleasures, when not indulged at the expense of health.

The delicate flavor of French dishes is often imparted by a sprig of thyme, of parsley, of sorrel, or a bay-leaf.

Many articles are made into savory dishes which, in our American haste and carelessness, are thrown away as useless. The heads, brains, cheeks, ears, tails, and feet of animals may be made into nutritious soups, or jellies, flavored with a bouquet, as Soyer expresses it, gathered at the door or in the garden, or if these are not at hand, with a lemon, a tomato, &c. A few receipts are subjoined, which will be suggestive, as well as specifically instructive.

To cook precisely upon the French plan, a few utensils are necessary. First, the brazing-pan, a wide vessel, made of galvanized iron, with an air-tight cover, to secure all the aromatic properties of the substances cooked; secondly, a *pot-au-feu*, an earthen pot for the boiling of soups; and thirdly, a saucepan, or stew-pan, an open vessel of galvanized iron, or iron lined with porcelain. The brazing-pan answers to our

old-fashioned baking-pan, which used to hang upon a trammel over the fire, with live charcoal upon the cover. Our modern stove ovens are substituted for the former methods of baking, but the brazing-pan will be useful *in* an oven, for much of the aroma of meat escapes by its not being covered. It will also answer for freshening stale bread, by restoring it to the oven in a covered pan, as indicated in a former receipt.

Broiling upon a soapstone griddle, rubbed with salt, may be substituted for broiling over an open fire. The griddle must be very hot, and the meat often turned. Frying always is objectionable.

FRENCH BOUILLI.

Soak the meat, destined for soup, for one or two hours in cold water, in the proportion of a gallon of water to every six pounds. Then put it into the *pot-au-feu*, which must not stand upon the hottest part of the fire at first. Let it simmer, and skim it. [The skimming will not be necessary if the meat is previously deprived of all its fat. Ed.]

After it has gradually warmed, place it where it will boil, but just before it boils, put in a large table-spoonful of salt, two carrots, four turnips, a head of celery, half a pound of liver, eight young leeks, (two old ones will answer,) a parsnip, three or four cloves, two onions, one of which has been roasted, and let all simmer for five hours. Occasionally add a little cold water. Serve the meat and vegetables together, and throw slices of bread into the tureen when the bouilli is put into it to be served. If one prefers to strain

this soup, let the beef be chopped fine. If not, let it only be cut into strips. If put in whole, less nourishment will be extracted from it, but it will be a better piece of meat to accompany the bouilli. [The French do not strain soups through a cloth, because they think it deprives them of their finest flavor, but through a hair sieve. Ed.]

STOCK FOR ALL SOUPS.

Take a knuckle of veal and cut it into small pieces; rub a stew-pan with some of the fat of veal, and put into the pan, which should be a two gallon vessel, half a pint of water, the chopped veal, half a pint of rich milk, or a gill of cream, two ounces of salt, three onions, with a clove or two in each, a turnip, a carrot, and half a head of celery. Cover the stew-pan [the brazing-pan will answer the purpose]. Set it over a sharp fire, and stir its contents with a wooden spoon until the bottom of the pan is covered with a thick, whitish glaze, which will gently adhere to the spoon. Fill the stew-pan at this moment with cold water, and the instant before it would boil, place it in a position where it may simmer for three hours. Skim off all grease and scum carefully. Pass it through a fine hair sieve, and it is ready for use, and will keep well. If beef is used, it must be allowed double time to simmer, and seven pounds of beef is the proportion to six of veal. To color the soup, add a little browning.

BROWNING.

Put two ounces of sugar into a stew-pan, and place it over the fire. Stir it with a wooden spoon as soon

as it begins to melt, and when it looks black, pour over it half a pint of cold water. Leave it to dissolve, and when prepared, use a few drops of it for a soup. It will keep well in a bottle.

GLAZE.

Make a soup stock as above directed, but without the salt. Strain it through a sieve and restore it to the stew-pan with the meat, and let it boil four hours, to obtain all the nourishment from the meat. Then put both stocks together again, and let it boil as rapidly as possible, stirring it occasionally with the wooden spoon. When reduced to three pints, let it boil more slowly, and skim it when required; when reduced to a quart, place it where it will boil rapidly again, until it forms a thick glaze, which will adhere to the spoon, of a fine yellowish brown color.

If to be kept long, pour it into a bladder. Veal makes the best glaze.

These soup stocks and this glaze make a great addition to vegetable soups.

JULIENNE SOUP.

This is a national soup, as well as the French bouilli. It is made in June and July, when all vegetables are in season. To be in perfection, a small quantity of every kind of vegetable should be used, but a less variety will make a good soup. Take half a pound, in fair proportions to each other, of carrots, turnips, onions, celery, leeks, &c., which cut into small fillets an inch in length and a quarter of an inch in thickness. Wash them dry, put them into a stew-pan with half a

pint of cream and a teaspoonful of powdered sugar; toss them in this over a sharp fire for ten minutes, until they are covered with a thin glaze, but do not let them become brown, for that would destroy the flavor of the soup. When done, pour two quarts of clear stock over them, set it upon the fire, and when it is *nearly* boiling remove it to a place where it can only simmer, until the vegetables are quite tender; half an hour's simmering will probably answer. There should be half a pound of vegetables to two quarts of stock. Just before it is done, add a little sorrel, cabbage, lettuce, and a few peas. Cut all vegetables into equal pieces, else some will be tender, while others remain hard.

AUTUMN SOUP.

Put a gallon of water into a saucepan, cut up two pounds of cabbage, four cabbage lettuces, a handful of sorrel, or the juice of half a lemon, two finely sliced cucumbers, and half a pint of rich cream. Stir these over a brisk fire until very little liquid remains, then stir in two table-spoonfuls of flour, wet with a little soup stock; pour on three quarts of stock; add a quart of young fresh peas; boil it half an hour, and season with one teaspoonful of salt and two of sugar. This is a delicious soup.

To make a purée of these soups, pass them through a coarse hair sieve, or a fine wire sieve. A purée of any single vegetable, beans, peas, &c., or of any union of vegetables, may be obtained by boiling them in only sufficient water to make them of the desired thickness, which will be a *mush*, rather than a liquid.

PURÉE OF CARROT.

To five or six large carrots, scraped and sliced, *leaving out the centre*, add a large onion, peeled and sliced, a turnip, a few sprigs of parsley, a quarter of a pound of corned beef, half a pint of cream, a pint of water, or of soup stock, in which two ounces of flour are mixed smoothly. When the carrot is tender, add five pints of stock, season with salt and sugar, (one teaspoonful of salt to two of sugar,) and let it all boil a quarter of an hour. Pass it through a hair sieve and serve. This purée should be red.

FRENCH ANGLER'S STEW OF FISH.

Take three or four pounds of fish of various kinds, carp, pike, trout, tench, eels, &c., and cut them into pieces of equal size. Put them into a stew-pan, with about a table-spoonful of salt, half as much sugar, half as much pepper, four onions sliced, four glasses of port or sherry, or the juice of half a lemon, and half a pint of water. Stew it until tender, tossing the bits of fish occasionally. When tender to the finger, mix a table-spoonful of flour with a gill of cream, and mix it in by shaking the pan. Let it boil a few minutes longer. Reduce the sauce till it adheres to the back of the spoon, and season it with a few sprigs of thyme or bay-leaf. If any pieces of the fish are tender before the others, take them out and reserve them till the rest are done.

CREAM SAUCE FOR FISH.

Put two yolks of eggs into a stew-pan, with the juice of a lemon, a little salt, a very little pepper, and

a half pint of cream. Stir it over a moderate fire with a wooden spoon, and when on the point of being scalded, add another gill of cream. Do not let it boil, but when nearly boiling again, pass it through a hair sieve, and serve it with any boiled fish.

LOBSTER BUTTER.

Take half the spawn of a lobster, pound it well in a mortar, add six ounces of fresh butter, and rub it through a sieve, and keep it in a cold place till wanted.

MAÎTRE D'HÔTEL BUTTER.

Mix together a quarter of a pound of fresh butter, one table-spoonful of chopped parsley, the juice of two lemons, half a teaspoonful of salt, and a very little white pepper. Keep it in a cool place.

TO DRESS A CALF'S HEAD.

Soak the head for ten minutes in lukewarm water, powder it well with rosin, dip it into a large quantity of scalding water, and, holding it by the ear, scrape off the hair with the back of a knife. When clean, take out the eyes, cut out the tongue, remove the jaw-bone with the teeth, saw lengthwise through the skull without injuring the brains, which must be carefully taken out, and put for a few hours into lukewarm water, to disgorge, [that is, to rinse out the blood.]

Make a stock by putting into the brazing-pan two or three carrots and onions, six cloves, a pint of cream, a bouquet of parsley, thyme, and bay-leaves, and after stirring this together for twenty minutes over the fire,

add a pint of water. When this is warm, mix a quarter of a pound of flour with a gallon of water, slice a lemon, add a quarter of a pound of salt, and lay the calf's head into the stock. Let it be entirely covered, else the uncovered part will have a dark look, and simmer it gently till it is tender.

SHEEP'S HEAD.

Choose a fat head, put it into a gallon of water for two hours, then cleanse it well, saw it in two, cut away the ends of the jaws and the uncovered part of the brain, put it into the stew-pan, with a similar stock to the above, adding, when nearly boiling, half a teacupful of pearl barley, if at hand. Let it simmer for three hours. Boil the brain for ten minutes in a little vinegar, salt, and water; cut it in pieces, season it with parsley and salt, and serve it under the head. Serve the head thus, or as a soup.

Lamb's head will need less time to become tender. Half a sheep's liver, boiled for thirty minutes in a quart of water, cut into small cubes and set on the fire again, with the addition of a spoonful of flour in half a pint of the broth, a little grated nutmeg, or pepper and salt, stirred till boiling, and then allowed to simmer for a few minutes, will be an additional nicety in this dish.

ROASTED SWEETBREADS.

Soak the sweetbreads in lukewarm water to disgorge, for three or four hours, then pour boiling water over them, and let them remain in it two or three minutes, not longer; put them into the stew-pan with

a few slices of carrot and turnip, a little parsley, thyme, bay-leaf, and a blade of mace, cover with a little water or soup stock, and let them boil for twenty minutes; dry them on a cloth, egg them and roll them in bread crumbs, and brown them in the oven; lay them upon toasted bread, strain the liquor in which they were boiled, add to it a little cream, and pour it over the toast.

STEWED CALF'S EARS.

Cut out and lay the boiled ears on a board, and make incisions through the gristly part of an inch in length. If not quite tender, restore them to the soup till done. Lay them on the warm dish, turn over the top of the ear so that it may form a round; put a piece of brain in the centre or a little veal stuffing or forcemeat, and pour over it tomato or caper sauce, or egg it over, roll it in bread crumbs, and brown it in the oven.

CUTLETS A LA VICTIME.

This is a very nourishing *morceau* for an invalid. Cut three cutlets from the neck of mutton, take all the fat from one, place it between the two others, which may not be trimmed, press them together so that the inside one be hidden from sight, tie them together, and broil over a very strong fire for ten minutes; then cut the string and serve the *middle one only*, with a little salt sprinkled over it, upon a hot dish. It will have imbibed all the nourishment of the outer cutlets.

FRICASSEED FOWL.

Cut a fowl into eight pieces, wash them, lay the pieces into a brazing-pan, or any covered stew-pan, pour on boiling water, season with a teaspoonful of salt, a bouquet of parsley and thyme, three or four cloves, and a blade of mace. Let it boil twenty minutes. Strain through a sieve, trim the pieces of fowl nicely, put half a pint of stock mixed with flour into the stew-pan, let it boil a few minutes, restore the pieces of fowl, add a gill of cream, mixed with the beaten yolks of two eggs, [called a *liaison* in French cookery,] and stir it quickly over the fire, but do not let it boil again. Serve in pyramidal form upon a hot dish, pouring the broth over the fowl. If any dish is to be warmed up again which contains a *liaison*, it should be done in a basin covered tightly, and set into a kettle of boiling water, else the sauce will be curdled. A glass of wine added, when the sauce is boiling, will improve the fricassee.

PEASE PUDDING.

Tie up a pint of split peas in a cloth, leaving them room to swell, but no more. Put them into cold water, and let them boil till tender; turn them out of the cloth, and rub them through a hair sieve. Add half a pint of cream, season with salt; mix all together with three yolks and one whole egg; flour a pudding cloth, place it in a small basin or bowl, pour in the mixture, tie it up and set the basin in a kettle of boiling water for an hour; when done, turn it from the cloth into a warm pudding-dish.

SNOW EGGS.

Flavor half a pint of milk and a little sugar with orange-flower or peach water, or any other essence; have ready the whites of six eggs, beaten to a stiff froth; (this may be done in warm weather in a basin that stands upon ice, or even in cold water;) add a little powdered sugar very gradually. While the milk is boiling, drop a table-spoonful of the egg at a time into it, endeavoring to keep the form of an egg; turn it over when fully set, take it out in a strainer and place it on a sieve, and arrange them in a crown on a dish; when all done, beat the yolks of four of the eggs in a stew-pan with a little sugar, and a few drops of orange-flower water or rose water, pour part of the boiling milk into it, to make a stiff custard, put it on the fire till it thickens, and pour it over the whites. Serve hot or cold.

CAULIFLOWER PURÉE.

Cleanse the cauliflowers, which should be small, thick, and firm, and let them lie an hour in salt and water, then rinse them in fresh water very thoroughly. Put them into boiling water, enough to cover them well, add two ounces of salt and a gill of cream. Put into a stew-pan a pint of soup stock, a turnip, and a little celery, cut up fine, then slice in the cauliflower, and when all is tender, mix in smoothly two table-spoonfuls of flour, two quarts of soup stock, and half a pint of milk. Stir it constantly until it boils, add one teasponful of salt and two of sugar, and rub it through a hair sieve. Restore it to the stew-pan, boil it five minutes, stirring it steadily and skimming it.

Throw toasted bread into the tureen when it is served, and stir in a gill of cream.

SPINACH.

Wash it in several waters, boil it ten minutes, or till tender, drain it on a sieve, pressing it with the hand, chop it up fine, put it into a stew-pan, with half a pint of cream, and a teaspoonful of salt, restore it to the fire in a little warm broth or soup stock, for a few minutes, and serve it hot.

BOILED RICE.

Throw a pound of good rice, well washed, into two quarts of boiling water; when well swelled, drain it on a sieve, put it into a basin or tin pail, and stand this into salted water that is boiling briskly, and let it stand until perfectly tender. Boiled thus, every grain will be separate.

PUFF PASTE.

A French cook puts the yolk of an egg and the juice of a lemon into the midst of a pound of dry flour upon the moulding-board, adds a pinch of salt, mixes it with cold water into a flexible paste, and dries it off with flour, using the hand as little as possible. Let it stand two minutes, and then spread half a pint of rich cream over it, fold it over from the edges, and roll it repeatedly, turning it often; lay it upon a floured baking sheet, and place it upon ice, if possible for half an hour, then roll it again. Cold water or ice are essential to this paste.

CONFECTIONERS' PASTE.

Place half a pound of flour upon the moulding-board, and put into a hole in the centre six ounces of sifted sugar; mix it into rather a stiff paste with four eggs, the eggs and sugar being first dissolved together and beaten, and knead it well. If too stiff, add more eggs; if too soft, more flour.

WHIPPED CREAM OR SOUFFLÉ.

Put a quart of cream into a bowl with a quarter of a pound of powdered sugar, flavored with orange-flower water or lemon syrup, and whip the cream over a sieve which stands upon another bowl. As the cream rises in a froth, place it on the sieve with a spoon, and let it drain into the bowl. Put back what goes through into your whipping bowl, and continue whisking it until it is all used. Serve it in glasses or upon jelly or marmalade. It may be frozen if desired.

CUSTARD FOR PUDDING.

Add two eggs to a pint of milk, and beat them well together; then sift in a quarter of a pound of sugar, half a teaspoonful of cinnamon and nutmeg, and a bay-leaf, (or any flavoring that is agreeable, or none whatever if that is preferred, for eggs have a flavor of their own, lost by boiling.) Let this mixture come almost to the boiling point, but remove it quickly from the fire when it begins to thicken. Use it for puddings with fruit, or serve it in glasses.

JELLY CREAMS.

Add to any jelly, marmalade, or even ripe fruit,

the juice of two lemons, a pint of water, an ounce and a half of isinglass, (dissolved in the water,) or clarified calf's feet jelly, and stir them together in a bowl set in ice. When it is nearly cold, stir in quickly nearly a pint of whipped cream, and leave the mould upon ice till wanted. Ripe strawberries may be used instead of fruit, jelly, or marmalade, if the calf's feet or isinglass jelly is cold but not yet set. Dip the strawberries into the jelly, and then put them around the mould, and fill up with the whipped cream.

SOUFFLÉ BISCUITS.

Rub the rind of a lemon into a pound of sugar, pound it in a mortar, beat it into the yolks of five eggs, add a gill of well-whipped cream and five ounces of flour, stir it lightly, then add the well-beaten whites; cut papers three inches square, turn them up half an inch all round, and fill them three fourths full; bake them in a moderate oven for fifteen minutes, and when done, shake sugar over them, and serve them immediately.

LEMON JELLY.

Take six lemons, remove the rind and pith of one, grate the rind into a basin, and squeeze the juice of the others into it. Put a quarter of a pound of sugar into a stew-pan with half a pint of water, and when these have boiled to a stiff syrup, take them off the fire and add the juice and rind of the lemons. Cover the stew-pan and replace it upon the fire. When it begins to boil again, skim it carefully, and add by degrees a wine glass of water to clarify it. Let it boil

another minute, and then add half an ounce of good isinglass, dissolved in boiling water, or clarified calf's feet jelly, dissolved in cold water. Pass it through a jelly-bag.

Five oranges and one lemon will make orange jelly. Grate the rind of two of the oranges and half that of the lemon.

To remove jelly from a mould, dip the mould in lukewarm water, strike it gently, holding it in the right hand, place the left on it, turn it over, and if it shakes, let it slip off your hand upon the dish, and remove the mould.

SUGAR OF LEMON.

Rub the rind of some fresh lemons upon a large piece of sugar, and as it discolors it, scrape it off with a knife. Dry it upon a sieve, and bottle it, when you have obtained as much as you wish.

SPONGE CAKE.

Put a pound of powdered sugar into a large bowl, which must stand in a *bain-marie*, [kettle of hot water,] sift a pound of flour upon a sheet of paper, break twelve eggs into the bowl, which must be beaten till warm and rather thick, then take it from the *bain-marie*, and continue to beat it until it is cold. Add the chopped rind of a lemon and a pound of flour, which must be mixed in lightly with a wooden spoon. Dust a little flour upon your buttered baking-tin, shaking all out that does not adhere to the butter on the tin, pour in the mixture and bake it an hour in a moderate oven. When done it will feel firm to the

touch, but the surest way to ascertain its condition is to pass a clean broom corn through it. Turn it upon a sieve to cool, as a cold plate would make it fall and render it heavy.

MACAROONS.

Blanch and skin half a pound of sweet almonds, dry them well on a sieve, pound them in a mortar, with a pound and a half of cracked sugar, and pass the whole through a wire sieve; pound it in the mortar again with the whites of two eggs, and after they are well mixed, add the white of another, and so on until you have used the whites of eight eggs. They will make a soft paste, which may be laid upon paper in drops the size of a walnut; sift sugar over them and bake in a slow oven till they are of a yellowish brown; they are done when they are firmly set. Take them from the paper by wetting the under side of it.

RATAFRAS.

These are made like the above, but leaving out two ounces of sweet, and substituting two of bitter almonds. They require a warmer oven and more time for baking.

CLOUTED CREAM.

Strain the milk, while warm from the cow, into a pan so that it will be about three inches deep, and let it stand for twenty-four hours. Place it then gently upon a slow fire, that it may gradually grow warm, but not boil, which would spoil it; when the cream forms a ring in the middle, put a little of it aside with

the finger, and if a few bubbles rise in that spot, it is done. It will generally take from half to three quarters of an hour. Let it stand in a cool place another twenty-four hours, then skim it and throw a little sugar on the top of the cream.

MERINGUES A LA CUILLERÉE.

Whisk the whites of three eggs to a stiff froth, pound and sift a quarter of a pound of crushed sugar, sift it lightly over the egg, and mix it in perfectly but gently with a wooden spoon. Then with a table-spoon lay them on white paper in the shape of eggs, sift powdered sugar thickly over them, let them stand ten minutes, shake off the sugar that does not adhere, place them on wetted boards, and put them into a very moderate oven. When the outside becomes quite crisp, turn them topsy-turvy and take off the papers, dip a teaspoon into hot water and clear out the inside; dust them with powdered sugar, dry them upon a sieve, and when ready to use them, fill them with whipped cream, and stick two together.

BRIOCHE ROLLS.

Place a quarter of a pound of flour upon a moulding board, make a hole in the centre and pour in less than a gill of warm water, in which you have dissolved a quarter of an ounce of hard yeast; mix it into a stiff delicate paste, and lay it in a well floured basin, make an incision across it, and place it in a warm place till it is very light. Now place three fourths of a pound of flour upon your board, and in a hole in the middle put one eighth of an ounce of salt, two gills of rich,

sweet cream, an eighth of a gill of water, and four eggs; mix it into a soft, flexible paste; press it out flat, lay the leaven upon it, folding it over and working the two till well amalgamated; flour a clean cloth and fold the paste into it, and let it remain all night. In the morning mould it into small rolls, put them on a baking sheet, and bake in a moderate oven.

FRENCH MUFFINS.

A quart of warm water in which has been dissolved a quarter of a pound of hard yeast, and mixed with sufficient flour to make rather a stiff batter; set it in a warm place, four hours, then stir it down and divide it into pieces of a quarter of a pound each, which mould with the hands, and put into wooden trays containing a round bed of flour for each; let them stand two hours in a warm place, and cook them upon an iron griddle, turning them over when nicely risen. They will be baked in about ten minutes if the stove is sufficiently hot.

POACHED EGGS.

Put four teaspoonfuls of vinegar, and half a teaspoonful of salt into a pint of water. Place it over the fire in a stew-pan, and when boiling, break the eggs into it as near the surface of the water as possible; let them boil gently about three minutes; take them out with a small slice, and set them carefully upon thin slices of toast laid ready in a hot dish.

BREAKFAST ROLLS.

Put four pounds of flour into an earthen pan, make

a hole in the centre, and put in three pints of warm water, a gill of brewer's yeast, or hard yeast well dissolved, mix a little of the flour to form a leaven, and set it in a warm place to rise. When the leaven has risen and begun to fall, add a little salt and a pint of warm milk, make a flexible dough, and set it in a warm place for another hour. It is then ready to be moulded into any desired shape.

RUSKS.

Place three pounds of flour upon the moulding-board, and in a hole in the middle put two ounces of hard yeast, dissolved in a pint of warm water, mix a little of the flour with it to form a leaven, leave it in a warm place to rise for half an hour, then add two ounces of powdered sugar, and half a pint of thick, sweet cream, dissolved in a little warm water. Mix the whole into dough, and let it rise in a warm place, then work it with the hands, divide it into three pieces, each of which form into a long roll of about two inches in thickness, place them on a buttered tin, four or five inches apart, and put them in a warm place, occasionally moistening the tops with milk; bake them in a moderate oven; when cold, cut them in slices the thickness of a copper cent, lay them upon a clean baking sheet, and brown them in a moderate oven, first on one side, then on the other.

SHEEP'S KIDNEYS.

Be sure that they are fresh, which you can tell by smelling, cut them open lengthwise exactly in the middle, thread them upon wooden skewers by passing

the skewer twice through the white part of each, season them with a good deal of salt and a little pepper, and place them on a gridiron, or soapstone griddle, (inside downwards,) over a quick fire; turn them over in three minutes, and at the end of another three, they will be done; take them off the skewers and serve them in a very hot dish.

If placed on thin slices of toast, and a little lemon juice squeezed upon them, they will be improved.

If rolled well in well-beaten egg and then dipped in bread crumbs, and broiled ten minutes, and a little cream poured over them, they will be nicer still. Serve always in a very hot dish.

SWEET LAIT DE POULE. (*Good for a cold.*)

Beat together very thoroughly for ten minutes the yolks of two eggs, two teaspoonfuls of powdered sugar and the eighth part of the rind of a lemon, grated; then pour boiling water over, stirring it all the time. It will make a large cupful.

A PLEASANT BEVERAGE.

Put four good apples, cut into slices, without peeling them, into half a gallon of boiling water, and when the apples have become quite soft, press them gently on a sieve to extract all the liquid, add honey or even brown sugar till sweet enough, and drink it lukewarm.

Baked apples thrown into a jar, and having boiling

water poured over them, covered from the air till cool, and sweetened, make a very pleasant beverage to be taken when cold.

BEVERAGE OF RASPBERRY VINEGAR.

Pour half a pint of boiling water upon two tablespoonfuls of raspberry vinegar, or any kind of fruit syrup.

FRENCH HERB BROTH.

This is a favorite beverage in France, taken in spring. Boil a quart of water, throw in forty leaves of sorrel, a cabbage lettuce, and ten sprigs of chevril, all well washed. Add a teaspoonful of salt, and a gill of cream. Cover the pan closely and let it simmer a few minutes, then pass it through a sieve.

It is to be taken cold, and is considered very healthful.

BEVERAGE OF FIGS AND APPLES.

Throw into two quarts of boiling water six fresh dry figs, previously opened, and two apples, cut into pieces; let the whole, apple seeds, skins and all, boil twenty minutes, then cool them a little in a basin, and pass them through a sieve. The beverage will be delicious, and the figs good to eat when drained.

FIG LEMONADE.

Put two moist dried figs, which have been cut in two, into a stew-pan with a quart of cold water. Let them boil a quarter of an hour, put in half the peel of a lemon, and the half lemon itself cut in thin slices

after it is peeled. Boil two minutes longer. Pour the whole into a jug and cover it with a paper till cool, then pass it through a sieve, and add a teaspoonful of honey.

IMPERIAL BEVERAGE. (*For spring.*)

Place two ounces of cream of tartar, two lemons, juice and peel, and four ounces of sugar in a jug; pour on six quarts of boiling water; when cold, bottle it. Instead of sugar, three table-spoonfuls of raspberry vinegar and six ounces of honey may be used. This is a very refreshing drink.

TOAST WATER.

This excellent beverage for invalids is generally spoiled in the making. Cut a piece of crusty bread, about a quarter of a pound in weight, toast it upon a toasting fork till of a rich brown color, put into a jug or large pitcher, and pour over it three quarts of boiling water; cover the jug with paper until it is cold, then strain it, for if the toast is left in it, it will soon ferment. It will keep several days if bottled. The bread must never be burnt.

THE END.

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